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# Food Intake and Nutritive Value of Diets of Men, Women, and Children in the United States, Spring 1965

A Preliminary Report

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This is a preliminary report of a survey of food intake of men, women, and children in the United States, spring 1965. Tables and findings are presented on the average nutritive content of food eaten in one day; average quantities and percentage of persons eating specified foods and food groups; contribution of the 12 food groups to the food energy and nutrients in the diet; and percentage of persons using vitamin or mineral supplements. Data are from the nationwide Food Consumption Survey made in 1965-66 by the Consumer and Food Economics Research Division of the Agricultural Research Service, U.S. Department of Agriculture.

This report is the fourth preliminary report from the nationwide Food Consumption Survey, 1965-66. The first three preliminary reports present data on food consumption, dietary levels, and money value of food used by households in the United States.

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# FOOD INTAKE AND NUTRITIVE VALUE OF DIETS OF MEN, WOMEN, AND CHILDREN IN THE UNITED STATES, SPRING 1965

## A Preliminary Report

By Consumer and Food Economics Research Division, Agricultural  
Research Service, United States Department of Agriculture

### HIGHLIGHTS

A survey of the food intake of a representative sample of 14,500 men, women, and children in the United States, in the spring of 1965, showed that:

1. Average diets for most sex-age groups approached (90 to 100 percent) or were above the Recommended Dietary Allowances set by the Food and Nutrition Board of the National Academy of Sciences-National Research Council in 1968 for calories and five of the seven nutrients studied--protein, vitamin A value, thiamine, riboflavin, and ascorbic acid. Calcium and iron were the nutrients most often found below allowances.
2. Calcium and iron furnished by the day's food were more than 30 percent below recommended allowances for several groups, especially of girls and women. The iron in diets of infants and children under 3 years was about 50 percent below recommended amounts. However, the recommended allowances for iron for some age groups, as indicated by the Food and Nutrition Board, are not expected to be met by ordinary food products alone. The Board indicates that ordinary food products might be expected to provide 6 mg. of iron per 1,000 calories. Diets of children aged 1 through 8 years and boys and girls 9 through 19 years did not contain this much iron.
3. Infants had intakes of calories and several nutrients well above the RDA's, yet the food of infants from birth through 11 months furnished less than the recommended amounts of iron, and that of infants under 2 months, less than recommended amounts of ascorbic acid.
4. In general, the diets of males met the allowances for more nutrients than the diets of females. Except for iron, the diets of children under 9 years of age were above recommendations. The diets of adolescent girls and women were below recommended amounts of calcium, iron, and thiamine, and for some age groups, vitamin A value, and riboflavin. Older men also had diets low in calcium, vitamin A value, riboflavin, and ascorbic acid.



5. The proportion of calories derived from fat ranged from an average of 39 percent for infants to 45 percent for men 20-64 years.
6. For persons in the income class under \$3,000, and for persons in the Southern Region, the nutrients most often found below recommended allowances were ascorbic acid and vitamin A value, in addition to calcium and iron.
7. Quantities of most foods eaten by men and boys were larger than those eaten by women and girls of the same age. Exceptions were tomatoes and citrus fruit, dark-green and deep-yellow vegetables, and other vegetables (except potatoes) and fruits.
8. For most foods, consumption peaked for males in the late teens and early adulthood. There was less difference by age in amounts of food eaten by females than by males. There was less difference among age groups in consumption of vegetables and fruits, than in consumption of higher calorie foods.
9. Use of vitamin or mineral supplements during the 24-hour period for persons over 3 years of age ranged from about 12 percent for girls 15-17 years and boys and men 15-34 years to about 34 percent for men and women 75 years and over. Over half (55 percent) of the infants under 1 year and 43 percent of the young children 1 through 2 years used vitamin or mineral supplements. The nutritive content of these supplements was not obtained nor taken into account in the calculation of the nutritive value of diets as reported above.

Findings of the survey provide new information on diets of family members and are especially useful in nutrition education programs. No conclusions can be drawn on the existence of hunger or malnutrition, however, because no information on the nutritional status of individuals was obtained. Nor should failure to meet the allowances be interpreted as need for indiscriminate fortification of foods with vitamins and minerals or self-prescribed supplementation of individual diets.

#### SCOPE AND NATURE OF THE SURVEY

As part of the nationwide household food consumption survey made by the U. S. Department of Agriculture in 1965-66, information was obtained on the food intake for one day of individual members of the households interviewed. This is the first time estimates of the food eaten in a 24-hour period by individuals have been obtained on a nationwide basis. Approximately 14,500 reports of food intake were collected for the men, women, and children included in the study. The interviews were distributed over the 13 weeks of spring 1965 (April, May, and June).

The sample of approximately 6,200 households, of which the 14,500 individuals were members, was drawn to be representative of all housekeeping households in the United States. <sup>1/</sup> After the household information was obtained, respondents were

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<sup>1/</sup> These households constitute the basic cross section of the 7,500 household sample described in Report 1, Food Consumption of Households in the United States, Spring 1965.



requested to provide information about the food eaten by family members both at home and away from home. Only half of the persons between 20 and 64 were included. To compensate for the subsampling and to provide proper representation in the population, information for persons in this age group was tabulated twice. The weighted count of persons is 19,245, the sum of the number of persons shown in the tables.

Information on food intake was obtained by the recall method for the day (midnight to midnight) preceding the interview. A 24-hour period was chosen in order to include all between-meal food or snacks as well as regular meals eaten. Data were collected over all days of the week including Saturday and Sunday.

Experienced interviewers collected the data for the study. The respondent, usually the homemaker in the family, gave information on the food eaten by all members of the household being studied. If the respondent was unable to give information on part or all of the food eaten by a household member, an effort was made to obtain the required information from the household member concerned.

Homemakers were asked the following questions for each member of the household. What foods and beverages were eaten (including information on preparation)? How much of each; the time of day eaten; and was food eaten at home or away from home?

The nutritive value of the foods was computed mainly from U.S. Department of Agriculture Handbook No. 8, Composition of Foods: Raw, Processed, Prepared, rev. 1963, and unpublished data of the Consumer and Food Economics Research Division. Information was obtained on whether individuals used any vitamin or mineral supplements on the day of the report. Detailed information on kind and amount of supplement was not asked and could not be added to the nutritive content of the day's food.

The data are summarized in average quantities of foods, percentage of persons using those foods, the average quantities of nutrients in all foods eaten, and the percentage of the total nutrient contributed by each major group of foods. These measures were computed for each group of persons classified by age and sex and were based on all persons in each cell. These statistics balance high consumers with low, overestimates with underestimates, reflect availability of food in the market, and represent infrequently used food proportionately.

Quantities of food and nutritive values included in this report represent food from all sources and for both urban and rural classifications. Separate tabulations for food from home food supplies and food eaten away from home and for urban and rural households will be included in later reports. Data are given for the North and South only. The North includes the Northeast, the North Central Region, and the West. The sample was not large enough to warrant separate tabulations for each of these three regions as was done for the household data.

Distributions to show dispersion of consumption of foods and nutrients have not been computed because food used in a single day may not be a good indicator of the quality of

an individual's diet. The data in this report are expected to be especially useful in comparing levels of consumption of sex-age groups in the United States as a whole, and within regional, urbanization, and income classes.

In the survey, no information was obtained on the nutritional status of individuals. Hence no conclusions can be drawn concerning the existence of hunger or malnutrition. Nor should failure to meet the allowances be interpreted as need for indiscriminate fortification of foods with vitamins and minerals or self-prescribed supplementation of individual diets. Results do imply the need for expanded efforts in nutrition education.

The results of this study add much to the nutritional appraisal of U.S. diets based on household food supplies. They will be useful in conducting educational and research programs, analyzing the demand for agricultural products, providing levels of food usage as a guide in regulatory programs, and guiding farm and food policies.

### COMPARABILITY WITH HOUSEHOLD SURVEY

No direct comparison can be made of the individual food intake for 1 day and the food consumption from the household report of 7 days as the data are not on the same basis. Principal differences in procedures and handling of the data for the survey of individual household members (this report) and the household survey (Household Food Consumption Survey 1965-66 Reports 1-5 and Preliminary Reports 1-3) were:

<u>Individual</u>	<u>Household</u>
1. Food consumption recorded was food actually eaten.	1. Food consumption recorded included "food available for consumption," including plate waste, food fed to pets, and the like.
2. Food was on "edible portion" basis.	2. Food was on "as purchased" basis or "as brought into the kitchen."
3. "Average per person" was calculated from the food reported eaten by a specific sex-age group.	3. "Average per person" was the household food supply divided equally among all persons eating.
4. Food consumption was for 1 day.	4. Food consumption was for 7 days.
5. Food was reported from home food supplies and food eaten away from home.	5. Food from home food supplies only was reported but adjustments were made to account for food eaten away from home, assuming that meals eaten away were equivalent to meals at home.

### Individual

### Household

6. Homemaker estimated for most of the household members, both for food from home supplies and food away.

6. Homemaker reported on food she was responsible for buying and preparing for household use.

7. Food combinations and mixtures were included in food group representing their main ingredient--such as meat sandwiches in the meat group; beef and vegetable stew in the meat group; egg salad sandwiches in the egg group; tomato salad with lettuce and dressing in the tomato group.

7. Foods were reported separately that may later have been combined--such as bread and meat for sandwiches; beef and vegetables for stew; tomatoes, lettuce, and salad dressing for tomato salad.

## SOME SURVEY RESULTS

### Nutritive Value of Diets

The average nutritive content of the food eaten by the different sex and age groups was compared with the 1968 Recommended Dietary Allowances, Food and Nutrition Board, National Academy of Sciences-National Research Council, adapted to match the 22 sex-age groupings already coded and used in the tabulations of this study (tables 1, 2, and 22). In addition, the food intake of infants under 1 year of age was studied further.

In this report, primary emphasis was given to comparisons of the average diets of the different sex-age groups. Because 1 day's food intake may not be typical of an individual's average food consumption, distributions of persons by the number of calories or amounts of nutrients in their diets were not obtained. Therefore, it is not possible to make definitive statements regarding the numbers of individuals who had diets that met or did not meet the recommendations.

For most sex-age groups, average diets approached (90 to 100 percent) or were above the recommended allowances for calories and five of the seven nutrients studied--protein, vitamin A value, thiamine, riboflavin, and ascorbic acid. Diets were more than 30 percent below the recommendations in calcium and iron for several sex-age groups.

The average number of calories was about the same as the recommendations in the diets of males and about 10 percent below in the diets of the females. Average intakes of protein for all age groups were over 100 percent of the recommended allowances, with a range of about 110 to 250 percent.

Contributions of fat to the total calories in the diets ranged from an average of 39 percent for infants to 45 percent for men 20-64 years (calculated from table 1). Thus,



the proportion of calories from fat in the food eaten by individuals is approximately the same as that calculated from the household food supplies--43 percent. The Food and Nutrition Board does not include an allowance for fat in the Recommended Dietary Allowances nor a recommendation on the percentage of calories that should come from fat.

The diets of several age groups of females were 5 to 15 percent below the recommendations for vitamin A value, thiamine, and riboflavin. For most age groups of males, amounts of thiamine were about 5 to 15 percent above the recommended allowances; for vitamin A value, about 10 to 75 percent above. Only one group, men 75 years and over, had diets that did not meet the allowances for ascorbic acid.

Calcium and iron, on the basis of average quantities in the diets, were the nutrients most often found below the recommended allowances of the Food and Nutrition Board. Several age groups had diets that furnished amounts of calcium and iron as much as 30 percent or more below allowances (figs. 1 and 2). The average diets of girls 15-17 years and of the several age groups of women 35 years and over, were 34 to 37 percent below the recommended allowances for calcium. The average diets of girls and women 9 through 54 years furnished amounts of iron that were from 36 to 39 percent below the amount suggested. Diets of children under 3 furnished about half the recommended allowances for iron, while average amounts of calcium were above recommendations.

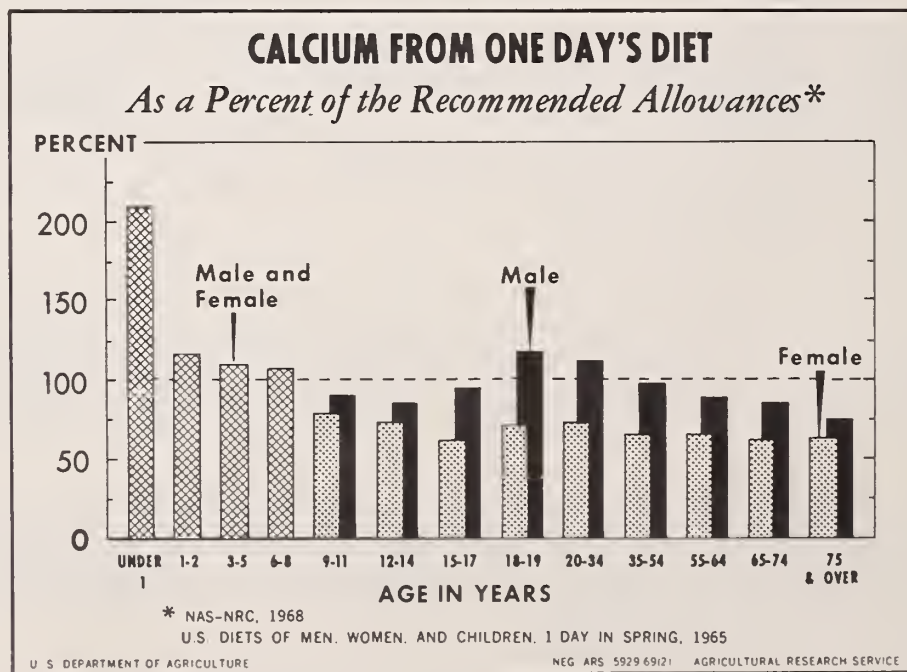


Figure 1

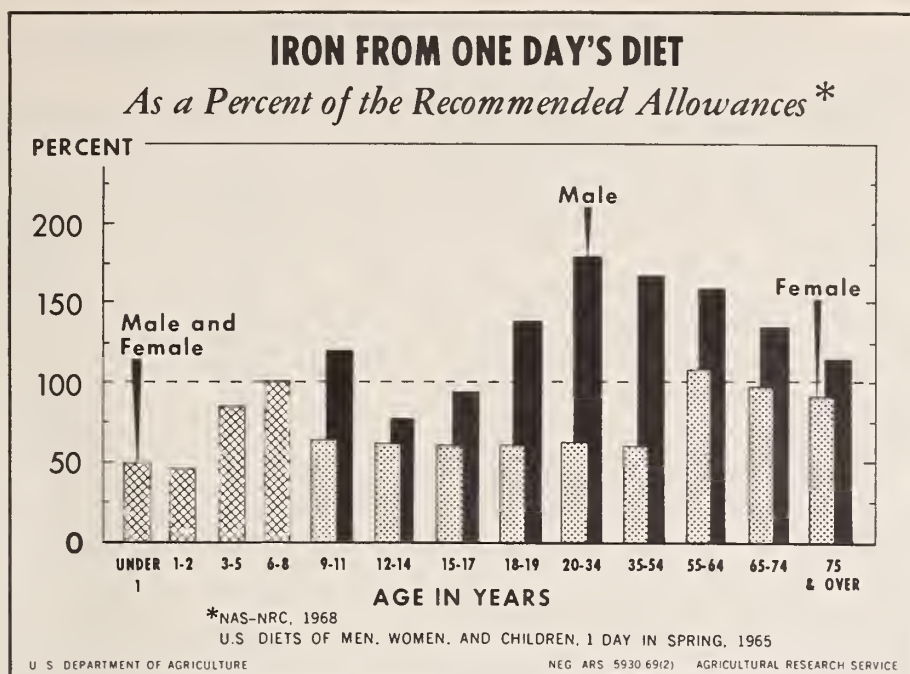


Figure 2

However, as the Food and Nutrition Board indicates, the recommended allowances for iron are not expected to be met through ordinary food products by all sex-age groups. <sup>2/</sup> About 6 mg. of iron per 1,000 calories of food is all that might come from a normal U.S. diet, without additional fortification of foods beyond the present levels in bread, flour, and many cereals. On that basis, and considering the recommendations for calories, the normal diets of children under 3 years, of boys 12-14 years, and of females under 55 cannot be expected to achieve the 1968 Recommended Dietary Allowances for iron through their food as currently available.

In the spring 1965 survey, none of the above groups met the recommended allowances. In addition, none of the diets of these groups, except for infants and women 20-54 years, furnished as much as the 6 mg. of iron per 1,000 calories that could be expected.

In the USDA survey, amounts of iron per 1,000 calories increased from a low of 4.9 mg. for children 1-2 years of age to 6.6 mg. for men 55-74 years and 6.7 mg. for women 55-74 years. Sex-age groups with diets providing less than 6.0 mg. of iron per 1,000 calories are underscored in the following listing:

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<sup>2/</sup> National Academy of Sciences-National Research Council, Food and Nutrition Board. Recommended Dietary Allowances. Natl. Acad. Sci. Pub. 1694. 7th Ed. Rev. 1968.

<u>Sex-age group</u>	<u>Iron per 1,000 calories</u> <u>Mg.</u>
Male and female:	
Under 1 year-----	6.1
1-2 years-----	4.9
3-5 years-----	5.0
6-8 years-----	5.0
Male:	
9-11 years-----	5.1
12-14 years-----	5.2
15-17 years-----	5.3
18-19 years-----	5.4
20-34 years-----	6.1
35-54 years-----	6.3
55-64 years-----	6.6
65-74 years-----	6.6
75 years and over-----	6.1
Female:	
9-11 years-----	5.1
12-14 years-----	5.2
15-17 years-----	5.5
18-19 years-----	5.7
20-34 years-----	6.3
35-54 years-----	6.6
55-64 years-----	6.7
65-74 years-----	6.6
75 years and over-----	6.3

Although children 6-8 and boys 9-11 and 18-19 years were not getting the amount of iron per 1,000 calories of food that might be expected, they had average diets that met the recommended allowance for iron for their age groups.

#### Groups with Diets in Need of Improvement

One objective of this study was to identify those sex-age groups with diets most in need of improvement. Preliminary analysis of the data, however, indicates no clear-cut ranking of sex-age groups.

In general, the diets of males met the allowances for more nutrients than those of females when the nutrient content of their food was compared with recommended allowances. Except for iron, the diets of children under 9 years were above the recommendations (fig. 3).

The groups with average diets low in more than one mineral or vitamin were all age groups of females 9 years and over, boys 12-17, and older men (75 and over). All age groups of girls and women between the ages of 9 and 55 had diets furnishing at least 20 percent less than the recommended allowances of calcium and iron, with most of the groups below by 30 percent or more. In addition, some of these age groups had diets



# NUTRIENTS LESS THAN THE RECOMMENDED DIETARY ALLOWANCES<sup>▲</sup>

SEX-AGE (YEARS)	PROTEIN	CALCIUM	IRON	VITAMIN A VALUE	THIAMINE	RIBO- FLAVIN	ASCORBIC ACID
<b>MALE AND FEMALE:</b> UNDER 1 1-2 3-5 6-8			*** ** ** **				
<b>MALE:</b> 9-11 12-14 15-17 18-19 20-34 35-54 55-64 65-74 75 & OVER		* * * * * * * * *	* * * * * * * * *		*		
<b>FEMALE:</b> 9-11 12-14 15-17 18-19 20-34 35-54 55-64 65-74 75 & OVER		* * * * * * * * *	* * * * * * * * *	* * * * * * * * *	* * * * * * * * *	* * * * * * * * *	* * * * * * * * *
* -1 THROUGH 10%      * -11 THROUGH 20%      * -21 THROUGH 29%      *** -30% OR MORE							

▲NAS-NRC, 1968

U.S. DIETS OF MEN, WOMEN, AND CHILDREN, 1 DAY IN SPRING, 1965

Figure 3

providing less than suggested amounts of vitamin A value, thiamine, and riboflavin. Diets of women 55-64 were slightly below recommendations for thiamine and riboflavin, and over 30 percent below those for calcium.

In the groups of older men and women, the average diets of men 75 years and over and of women 65 and over were below recommended allowances for calcium, vitamin A value, and riboflavin. In addition, men 75 and over had less ascorbic acid than suggested, and women 65 and over had diets below recommendations for iron and thiamine.

Almost all groups of females and several groups of males reported diets that provided less food energy than in the NRC's table of recommended allowances. Because it is not possible to know from this study whether the calories as reported maintained weights, no conclusions can be drawn about the need for additional calories for these groups. <sup>3/</sup> Certainly no conclusion is warranted about the existence of hunger.

With averages for several minerals and vitamins below the recommended allowances for some sex-age groups, it is safe to conclude that some persons within those groups had diets in need of improvement. Where averages fell to more than 30 percent below recommendations, as in calcium and iron for some sex-age groups, the proportions of persons in those groups with diets in need of improvement were almost certainly high.

### Infants

Practically all infants received some milk and milk products during the 24 hours of the study (table 23). Although average quantities differed for the three groups, birth through 2 months, 3 through 5 months, and 6 through 11 months, average intake for all infants from birth through 11 months was about 800 grams or about 3-1/4 cups.

The percentage of infants receiving sugars and sweets remained fairly constant from age group to age group. Percentages receiving tomatoes and citrus fruit and dark-green and deep-yellow vegetables were higher for infants 3-5 months of age than for infants 6-11 months. Only 11 percent of infants birth-2 months were reported as receiving the group of foods which includes tomatoes and citrus fruits and their juices.

The average intakes of calories and nutrients, except iron and possibly ascorbic acid, by infants under a year were high in comparison with the 1968 RDA's (table 24). In addition, mothers or other respondents reported that over half (55 percent) of these children took some type of vitamin or mineral concentrate during the 24-hour period for which they reported food intake (table 21).

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<sup>3/</sup> There is also the possibility of some underreporting of food by respondents. Sometimes foods forgotten are between-meal food and beverages and additions or supplements, such as sugar and cream, salad dressings, and table fats. Omission of such foods may affect the number of calories in diets relatively more than amounts of protein, minerals, or vitamins.

The average intake of calories by infants up to 3 months of age was 50 percent above the RDA; averages for the two groups of infants 3 through 5 months and 6 through 11 months were 15 to 20 percent above recommendations. Average protein, calcium, vitamin A value, and riboflavin intakes from food were about 2 to 3 times the recommendations for each of the three age groups under one year.

The average amount of ascorbic acid in the diets of infants from birth to 2 months was 33 mg. and the average amount of protein, 24 grams. Young infants during the first weeks of life, however, who receive over twice the amount of protein found in 850 milliliters (ml.) of human milk may need 50 mg. of ascorbic acid instead of the allowance of 35 mg. (See reference listed in footnote 2.)

The diets of infants 6-11 months furnished less than half the amount of iron recommended. This was due to the type of food selected for the infant rather than to an insufficient amount. For example, although almost 1 cup of fruit and vegetables was eaten by these infants, foods that were lower in iron were used in considerably larger amounts than those of higher iron content.

#### Contribution of the 12 Food Groups to Total Nutritive Content of Diets

Only small differences were generally found in the contribution of the various food groups to the nutritive content of the diets of males and females (tables 11-20). The differences between males and females 20 to 34 years of age in the contributions of meat, poultry, and fish to food energy and vitamin A value offer an interesting exception to the above generality.

<u>Food group</u>	<u>Food energy</u>		<u>Vitamin A value</u>	
	<u>Males</u>	<u>Females</u>	<u>Males</u>	<u>Females</u>
	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>
Milk, milk products-----	10.7	11.9	9.8	8.5
Meat, poultry, fish-----	31.2	28.9	27.5	34.7
Green, yellow vegetables---	.4	.6	16.7	17.8
Fats, oils (table fats, other fats and oils)-----	6.7	6.2	8.2	6.0

Although the meat, poultry, fish group furnished more calories to the diets of men than to women in this age group, it furnished considerably less vitamin A. This difference is accounted for by choices of individual items made within the food group and results in different average values per 100 grams (or per pound) of food used. Calculations based on tables 1 to 10 (or more accurately from the aggregates on which these tables are based) show that the mix of foods within the meat, poultry, and fish group chosen by women 20-34 years contained more vitamin A per pound than that selected by men of the same age--4,390 I.U. for women and 2,580 I.U. for men. The reason for this difference was that women had greater consumption of liver and liver products, such as liverwurst, that are high in vitamin A.



The milk and milk products group furnished a much larger proportion of the total calories and nutrients in the diets of preschool children than in diets of older children and adults. For example, the proportions of the totals furnished by milk and milk products for selected sex-age groups were as follows:

<u>Sex-age group</u>	<u>Food energy</u> <u>Pct.</u>	<u>Protein</u> <u>Pct.</u>	<u>Calcium</u> <u>Pct.</u>	<u>Vitamin A value</u> <u>Pct.</u>
Children 1-2 years-----	32	41	82	25
Males 12-14 years-----	19	25	68	19
Females 20-34 years-----	12	14	54	8

### Region and Income Differences

In general, these observations for the United States held also for the North and for the two higher income levels.

In the income level under \$3,000 and in the South, fewer of the sex-age groups had diets that approached (90 to 100 percent) or were above the recommended allowances for food energy, vitamin A value, thiamine, and ascorbic acid. Average values were generally lower when compared with recommended allowances, and more of the sex-age groups had average diets that were below recommendations than in the United States as a whole.

In addition to calcium and iron, which were also low for average diets in the United States, ascorbic acid and vitamin A value were the nutrients most often found below recommended allowances for sex-age groups in the under \$3,000 income class and in the South.

### Food Intake

Quantities of most of the food groups eaten by men and boys in the United States were generally larger than those eaten by women and girls in the same age range. This relationship held in the two regions, North and South, and in the three income classes. Percentage of persons using foods, however, did not show the same relationship as quantities used. Similar proportions of males and females used some of the food groups but women and girls ate smaller amounts.

Exceptions to these generalizations were found in the following groups: Tomatoes and citrus fruit; dark-green and deep-yellow vegetables; and other vegetables and fruit. In these groups, average quantities eaten by women and girls at some ages equaled or exceeded quantities eaten by men and boys. There were also some variations in the consumption pattern by region and income (tables 3 to 10).

Figures 4 to 9 show quantities eaten of six of the 12 major food groups by sex-age group for the United States, all incomes, and some observations on consumption follow.

### Milk and Milk Products

- With the exception of infants under 1 year of age, men and boys between the ages of 9 and 19 used the largest quantities of milk. The average consumption of these large users was about 2 to 3 cups a day.
- Between the 18-19 year old group and the 20-34 year old group, consumption of milk by males dropped sharply. The decrease in the average quantity eaten in 1 day was equivalent to about one cup of milk.
- Consumption by females decreased fairly consistently between ages 12 and 55.
- Women 35 years and older used the least milk in 1 day, the equivalent of not quite one cup.
- In households with incomes under \$3,000, consumption by males decreased after age 12. A large decrease in quantity occurred between the 15-17 year old group and the 18-19 year old group instead of between the latter group and the 20-34 year old group.

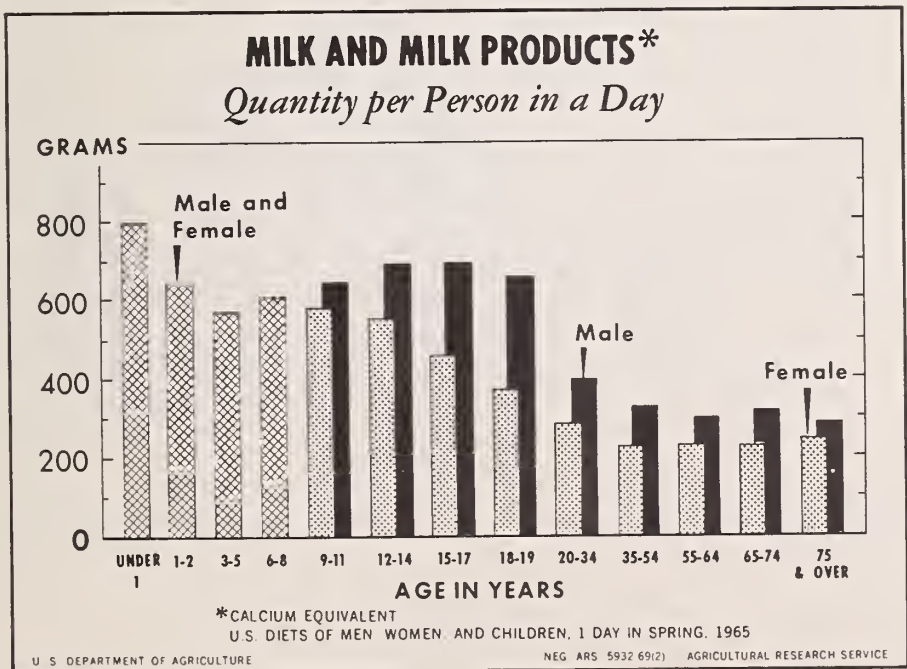


Figure 4

## Meat, Poultry, Fish

- Quantities of meat, poultry, and fish increased for both males and females up through ages 20-34, then decreased.
- Highest consumers of the meat, poultry, fish group were men aged 20-34 years, with an average quantity of 339 grams or about 12 ounces per day. Women in the same age group used an average of 201 grams or about 7 ounces.
- Except for the youngest children, over 85 percent of the persons in each sex-age group reported using some meat, poultry, or fish during the day of the survey.
- A higher percentage of persons ate pork than other items in the meat, poultry, fish group. However, average quantities of beef eaten exceeded those of pork for some of the age groups, especially for girls and women 18 years of age and over.
- These same relationships generally held for the two regions, North and South, and for the three income classes.

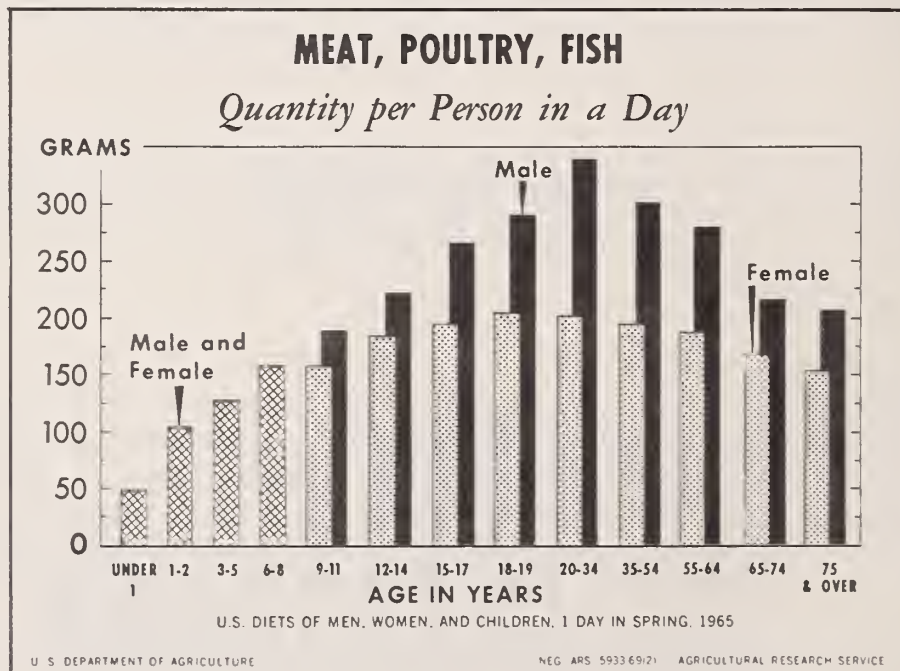


Figure 5



## Grain Products

- Consumption of grain products was greater for males than for females, increasing with age to the following peaks: For males 15-19 years of age, an amount equivalent to the weight of about 6 slices of bread and 7 ounces of other grain products; for females 12-14 years of age, an amount equivalent to the weight of about 4 slices of bread and 5 ounces of other grain products.
- Grain products were included in 1 day's diet by practically everyone.
- More people ate bread products--bread, rolls, biscuits--than any other type of grain product.
- Although average quantities of grain products varied, the sex-age pattern of consumption for each region and income class was similar to that for the United States.

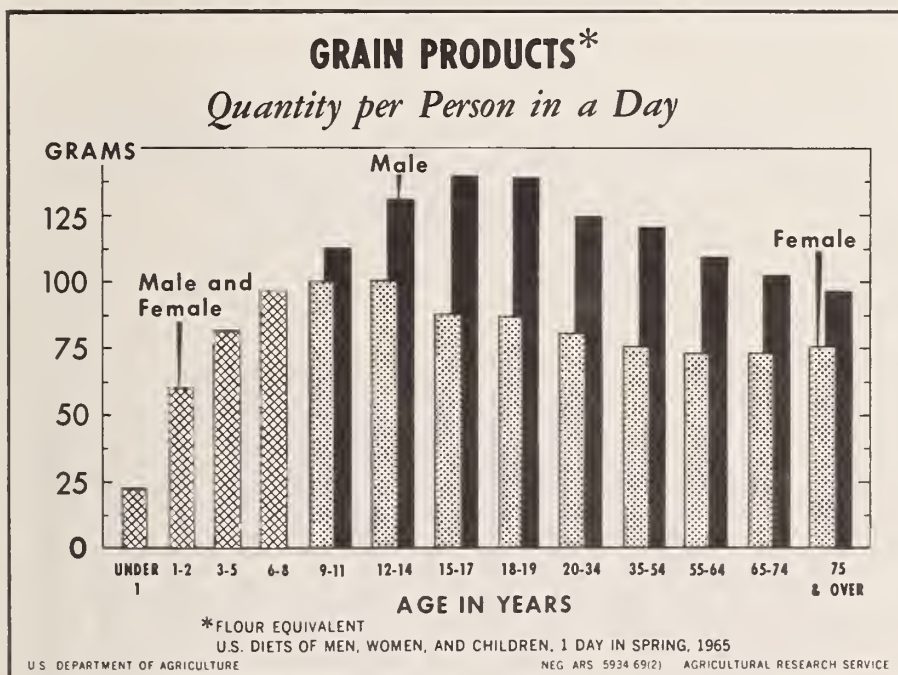


Figure 6

## Tomatoes and Citrus Fruits

This group includes tomatoes, tomato sauces, tomato catsup, tomato juices, citrus juices, and citrus fruits--foods grouped together because they are good sources of ascorbic acid.

- Consumption by children increased from about 2 ounces for 1-2-year olds to over 3 ounces for boys and girls 12-14 years old. Girls 15-17 showed a decrease in quantities used while boys in the same age group increased their intake.

- Women 55-74 years of age ate larger quantities than men in the same age group, an exception to the general rule that men and boys ate more than women and girls.

- The proportion of persons using tomatoes and citrus fruit in a day ranged from 19 percent for infants from birth through 11 months to almost 50 percent for men and women aged 20-54 years.

- Consumption was higher in the North than in the South and in the higher income classes than in the lower.

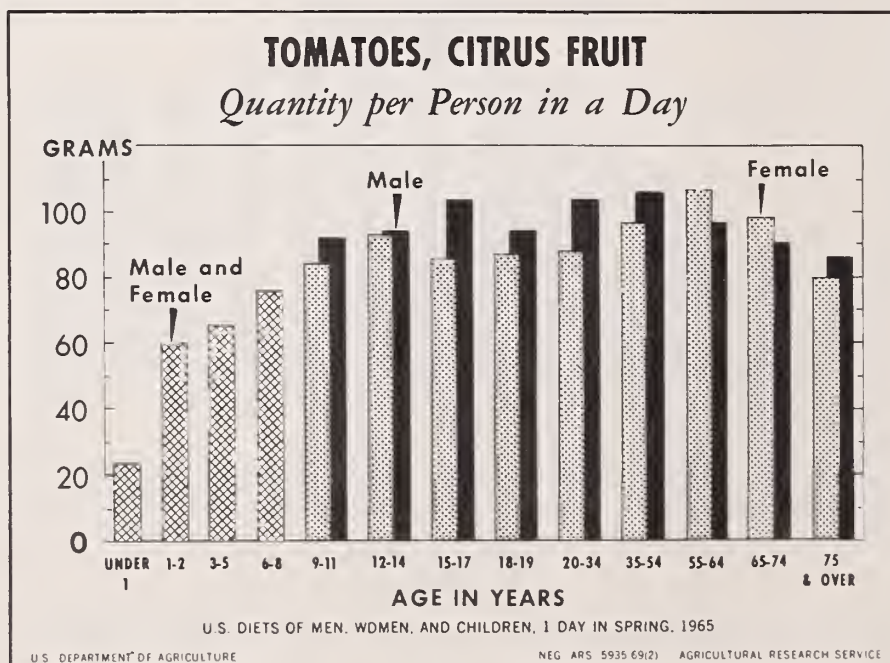


Figure 7

## Dark-Green and Deep-Yellow Vegetables

This group includes vegetables high in vitamin A value, such as beet greens, broccoli, collards, mustard greens, spinach, carrots, winter squash, pumpkin, and sweet-potatoes.

- Only 10 to 20 percent of all individuals ate dark-green and deep-yellow vegetables during the 24 hour period of the survey. As a result, average amounts consumed by each group were relatively low.

- Males 65-74 years, the highest users in the group, ate an average of 23 grams, the equivalent of 2 1/2 tablespoons of cooked carrots or about 2 tablespoons of spinach.

- Except for boys and girls 12-14 and men and women 55-74 years of age, there was little difference between the sexes in consumption of this food group.

- There was a higher intake in most sex-age groups in the South than in the North.

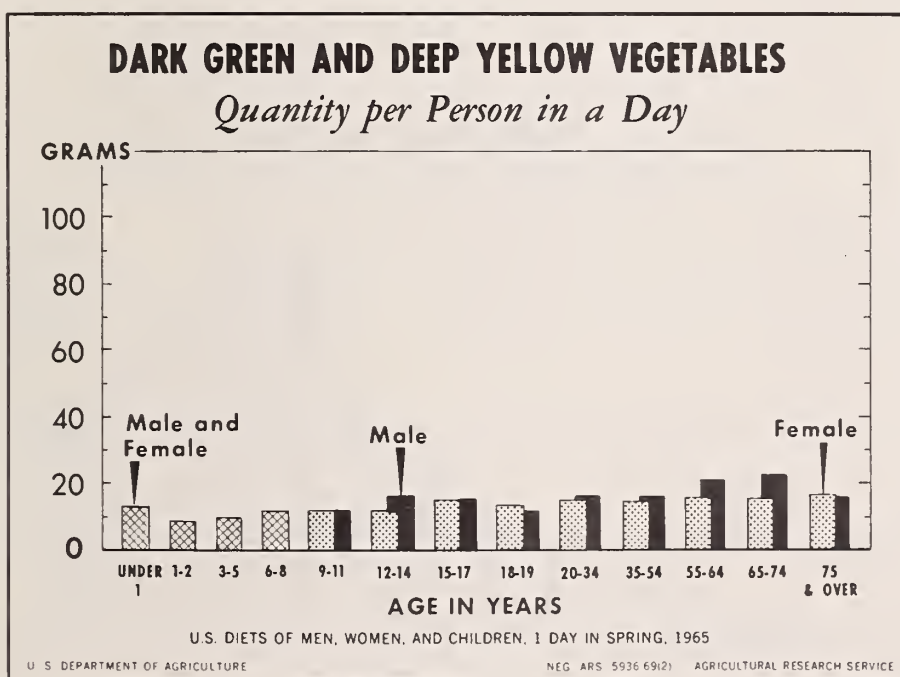


Figure 8

## Beverages Other Than Milk and Juices

This group includes coffee, tea, soft drinks, and alcoholic beverages.

- Consumption increased with age and was highest for both men and women from 35 to 54 years, and then decreased.

- Average quantity increased greatly between the 18-19-year-old group and the 20-34-year-old group for both sexes primarily because of increased coffee consumption.

- For children and adolescents, soft drinks made up a large proportion of these beverages; about one-third of the children and around one-half of the adolescents used soft drinks.

- In general, the average quantities of beverages other than milk and juices varied inversely with the average quantities of milk and milk products consumed.

- At each income level, and in each region, the sex-age pattern of consumption was much the same as the U.S. average.

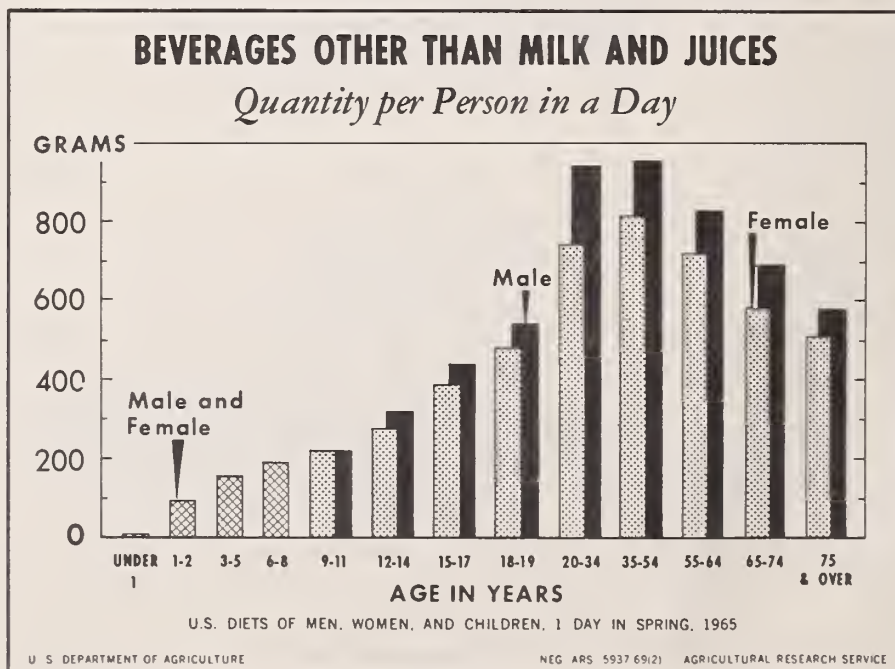


Figure 9



## Use of Vitamin or Mineral Supplements

One question asked during the interview concerned the use of vitamin or mineral supplements by the individual on the preceding day. No attempt was made to obtain information on the kind and amount used. These supplements were not included in the calculations of the nutritive value of the food consumed. The following conclusions are based on percentages of individuals using a supplement.

Over one-half (55 percent) of the infants from birth to 11 months used supplements during the 24-hour period of the survey (table 21). For age groups over 1 year, there was a decline from a peak of 43 percent of the 1-2-year-old group to a low of 12 percent for girls 12-17 years and boys and men 15-34 years.

Among adults, the largest proportion using supplements were those over 75 years. A larger proportion of women than men in the 18-54-age groups used supplements.

In general, as income increased, a larger percentage of individuals used supplements. For example, 38 percent of the infants from birth to 11 months in families with incomes under \$3,000 were given supplements; 66 percent in families with incomes of \$5,000 and over. Three percent of the females 18-19 years in the income class under \$3,000 used supplements during 1 day compared with 22 percent in the \$5,000 and over income class.

### GENERAL NOTES ON DATA FROM THE SURVEY

1. Number of persons shown in age groups 20-34, 35-54, and 55-64 are weighted counts used in computations. Information was obtained from only one-half of the persons in the age groups 20-64 years, and these data were duplicated to provide the proper representation.
2. Data are not necessarily as precise as the amount of detail may imply. Some digits beyond significance are shown to enable users to regroup data.
3. Averages are based on all persons in a cell. Food group totals may include some items not shown separately.
4. Income refers to the 1964 family income after taxes. "All incomes" includes persons in households not classified by income and not shown separately where data are shown by income class.
5. Quantities and nutritive values are for food from all sources. Separate tabulations for food from home supplies and food eaten away from home are not included in this report.

6. Baby and junior foods, canned and prepared, are included in the food group appropriate for the first food or food ingredient in the name. For example, beef and vegetables were included in the meat group; vegetables with beef were included in the vegetables group; applesauce and oatmeal in the fruit group.
7. Food mixtures were regarded as a unit and not broken down into ingredients. Total weight of the mixture was entered in the food group appropriate for the main ingredient. For example, beef and noodles was included with the meat group; spaghetti with tomato sauce and cheese, with grain products; egg sandwiches, with eggs; and peanut butter sandwiches, with nuts and nut butters. Nutritive values for mixtures took into account all ingredients in the combination and were the best approximation possible in a large-scale survey.



Table 1a.--Nutritive value of food per person in one day

Sex-age group	Number of persons	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Vitamin A value	Thiamine	Riboflavin	Ascorbic acid
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
		<u>Cal.</u>	<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>Mg.</u>	<u>Mg.</u>	<u>I.U.</u>	<u>Mg.</u>	<u>Mg.</u>	<u>Mg.</u>
Male and female:											
Under 1 year 1/-----	408	962	38.9	41.6	105.6	1,046	5.9	4,550	0.68	1.73	36
1-2 years-----	810	1,405	56.3	64.6	152.5	930	6.9	3,800	.78	1.67	45
3-5 years-----	1,405	1,703	64.9	78.6	188.7	883	8.5	3,960	.92	1.68	49
6-8 years-----	1,412	2,017	75.8	93.4	224.2	975	10.1	4,480	1.07	1.89	56
Male:											
9-11 years-----	665	2,354	88.1	109.6	260.7	1,080	12.0	5,200	1.24	2.13	69
12-14 years-----	627	2,658	99.9	125.8	287.9	1,185	13.8	5,810	1.35	2.35	70
15-17 years-----	562	2,989	113.8	144.0	315.4	1,231	15.9	6,320	1.56	2.56	75
18-19 years-----	251	3,049	118.4	149.0	311.9	1,183	16.6	5,500	1.65	2.50	75
20-34 years-----	1,406	2,917	118.6	146.1	271.6	893	17.9	7,010	1.59	2.25	73
35-54 years-----	2,050	2,631	106.2	132.4	246.3	778	16.7	6,380	1.40	1.98	72
55-64 years-----	742	2,422	98.0	121.3	226.9	715	15.9	8,900	1.42	2.05	72
65-74 years-----	460	2,058	82.5	100.6	203.2	691	13.5	5,800	1.17	1.70	66
75 years and over-----	219	1,870	73.0	90.3	190.6	607	11.5	4,560	1.09	1.42	55
Female:											
9-11 years-----	599	2,009	75.1	92.2	225.9	951	10.2	5,080	1.04	1.89	59
12-14 years-----	626	2,146	80.6	100.4	235.3	947	11.1	4,750	1.11	1.88	66
15-17 years-----	538	1,999	78.0	93.9	214.5	821	11.0	5,150	1.07	1.74	60
18-19 years-----	232	1,918	75.5	89.8	205.4	709	10.9	4,480	1.04	1.55	57
20-34 years-----	1,846	1,803	72.3	86.5	182.6	587	11.3	5,620	.99	1.47	56
35-54 years-----	2,492	1,652	68.4	80.3	161.5	524	10.9	5,310	.93	1.34	59
55-64 years-----	916	1,619	67.4	79.9	157.5	526	10.8	5,220	.94	1.35	63
65-74 years-----	624	1,473	60.3	70.3	150.7	502	9.8	4,940	.84	1.25	57
75 years and over-----	340	1,459	58.7	68.2	154.4	513	9.2	4,300	.84	1.18	55

See footnotes at end of tables.

Table 1b.--Nutritive value of food per person in one day

Sex-age group	Number of persons	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Vitamin A value	Thiamine	Riboflavin	Ascorbic acid
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
		<u>Cal.</u>	<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>Mg.</u>	<u>Mg.</u>	<u>I.U.</u>	<u>Mg.</u>	<u>Mg.</u>	<u>Mg.</u>
Male and female:											
Under 1 year <u>1</u> /-----	58	988	42.9	46.0	100.2	1,203	5.1	3,870	0.57	1.89	25
1-2 years-----	96	1,310	53.3	58.5	144.6	912	6.3	3,720	.73	1.62	33
3-5 years-----	179	1,471	55.7	63.1	172.9	725	8.3	3,000	.81	1.37	29
6-8 years-----	198	1,749	62.7	75.6	208.6	790	9.7	3,270	.90	1.50	36
Male:											
9-11 years-----	88	2,028	72.6	90.0	236.2	909	10.9	3,310	1.10	1.71	54
12-14 years-----	89	2,282	79.8	98.4	273.8	917	13.5	4,410	1.21	1.75	59
15-17 years-----	85	2,575	92.3	115.3	296.3	952	15.1	4,930	1.49	2.05	47
18-19 years-----	36	2,688	97.4	128.2	288.7	735	17.3	5,120	1.55	1.87	64
20-34 years-----	122	2,512	104.9	118.6	255.3	800	16.7	4,640	1.56	1.87	62
35-54 years-----	160	2,441	90.6	120.1	250.2	814	15.4	4,870	1.40	1.81	56
55-64 years-----	140	2,129	81.8	100.9	219.1	688	14.0	7,050	1.45	1.84	47
65-74 years-----	183	1,959	78.9	95.2	196.0	692	12.7	4,960	1.13	1.58	54
75 years and over-----	108	1,750	65.8	86.9	174.9	553	10.3	3,570	1.00	1.28	41
Female:											
9-11 years-----	74	1,791	67.9	77.2	210.7	757	10.7	5,170	1.04	1.48	56
12-14 years-----	83	1,879	68.3	84.1	215.4	771	11.5	3,590	1.07	1.54	48
15-17 years-----	88	1,771	68.4	76.4	205.2	740	11.0	5,270	.98	1.57	44
18-19 years-----	29	1,652	65.1	71.9	186.8	490	10.3	5,030	.95	1.31	43
20-34 years-----	212	1,845	72.1	83.7	202.9	550	11.8	7,720	1.05	1.54	44
35-54 years-----	316	1,632	65.1	76.5	171.0	518	10.6	3,610	.95	1.28	45
55-64 years-----	268	1,544	61.3	72.7	162.5	492	10.2	4,320	.86	1.20	47
65-74 years-----	304	1,424	57.8	66.2	150.0	501	9.3	5,020	.82	1.22	52
75 years and over-----	190	1,345	52.8	62.1	145.8	473	8.7	4,000	.78	1.09	46

See footnotes at end of tables.

Table 1c.--Nutritive value of food per person in one day

Sex-age group	Number of persons	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Vitamin A value	Thiamine	Riboflavin	Ascorbic acid
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
		<u>Cal.</u>	<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>Mg.</u>	<u>Mg.</u>	<u>I.U.</u>	<u>Mg.</u>	<u>Mg.</u>	<u>Mg.</u>
Male and female:											
Under 1 year 1/-----	113	946	38.5	41.0	102.9	1,049	6.0	4,520	0.69	1.76	39
1-2 years-----	202	1,331	52.8	61.6	144.0	825	6.5	3,750	.72	1.54	38
3-5 years-----	318	1,594	61.5	73.2	175.8	797	8.5	4,570	.91	1.60	43
6-8 years-----	263	1,933	73.7	89.2	213.8	881	10.3	4,460	1.04	1.75	51
Male:											
9-11 years-----	116	2,231	82.5	103.1	250.5	919	11.8	5,330	1.18	1.93	59
12-14 years-----	117	2,598	98.3	121.6	283.4	1,115	14.1	6,670	1.32	2.33	63
15-17 years-----	112	2,965	112.5	143.2	313.1	1,152	16.3	5,220	1.59	2.38	71
18-19 years-----	45	2,990	113.9	147.8	305.1	975	16.3	3,500	1.56	2.17	64
20-34 years-----	260	2,846	114.5	144.4	267.6	857	17.6	8,470	1.55	2.29	65
35-54 years-----	334	2,478	101.3	121.0	244.7	715	16.4	5,820	1.43	1.92	58
55-64 years-----	136	2,528	100.1	127.4	241.7	716	16.2	11,100	1.45	2.31	55
65-74 years-----	105	2,079	80.3	100.6	212.3	657	13.9	6,350	1.11	1.83	67
75 years and over-----	42	1,888	78.5	88.9	193.4	612	13.0	5,520	1.08	1.48	72
Female:											
9-11 years-----	95	1,958	73.9	90.3	217.3	875	10.5	5,720	1.04	1.88	52
12-14 years-----	100	2,027	74.8	92.8	227.9	763	10.9	4,180	1.10	1.63	58
15-17 years-----	81	1,786	68.1	80.4	201.4	682	9.9	6,170	1.04	1.67	44
18-19 years-----	54	1,911	75.2	88.9	205.2	695	11.2	3,600	1.01	1.51	52
20-34 years-----	404	1,735	70.0	83.1	177.5	530	11.1	5,360	1.00	1.39	52
35-54 years-----	434	1,666	69.2	81.1	163.4	493	11.1	5,950	.96	1.39	50
55-64 years-----	168	1,640	69.2	79.9	161.1	552	10.8	7,030	1.00	1.46	52
65-74 years-----	124	1,492	61.9	72.9	148.9	482	10.4	5,150	.79	1.28	57
75 years and over-----	56	1,566	64.7	75.8	158.4	533	9.3	4,580	.79	1.18	63

See footnotes at end of tables.

Table 1d. --Nutritive value of food per person in one day

Sex-age group	Number of persons	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Vitamin A value	Thiamine	Riboflavin	Ascorbic acid
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
		<u>Cal.</u>	<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>Mg.</u>	<u>Mg.</u>	<u>I.U.</u>	<u>Mg.</u>	<u>Mg.</u>	<u>Mg.</u>
Male and female:											
Under 1 year 1/-	231	964	38.2	40.8	108.1	1,007	6.1	4,620	0.69	1.67	37
1-2 years	499	1,459	58.6	67.3	158.3	977	7.2	3,890	.82	1.74	51
3-5 years	885	1,790	68.1	83.6	196.9	946	8.5	3,930	.95	1.77	54
6-8 years	920	2,100	79.2	98.5	230.8	1,039	10.1	4,650	1.10	1.99	62
Male:											
9-11 years	443	2,452	92.7	115.2	268.4	1,149	12.3	5,520	1.28	2.25	75
12-14 years	404	2,744	104.1	132.1	291.7	1,260	13.7	5,840	1.37	2.48	75
15-17 years	348	3,107	119.8	151.5	322.3	1,336	16.0	7,020	1.58	2.77	84
18-19 years	161	3,169	125.0	155.3	321.4	1,335	16.7	6,210	1.70	2.74	82
20-34 years	948	3,013	122.6	151.7	276.6	915	18.3	7,070	1.63	2.29	76
35-54 years	1,478	2,689	109.3	136.1	247.0	788	17.0	6,750	1.39	2.03	77
55-64 years	432	2,488	102.5	126.4	225.1	716	16.3	8,140	1.39	1.99	85
65-74 years	143	2,201	90.2	108.3	210.3	731	14.5	6,300	1.29	1.79	79
75 years and over	61	2,032	80.5	95.3	212.6	674	12.1	5,190	1.16	1.55	67
Female:											
9-11 years	413	2,050	75.9	94.6	230.5	996	10.0	4,920	1.04	1.95	60
12-14 years	430	2,215	83.6	104.8	240.6	1,014	11.0	5,120	1.12	1.99	71
15-17 years	351	2,118	83.2	102.3	220.7	877	11.3	4,980	1.11	1.82	68
18-19 years	138	1,958	76.6	92.3	209.3	750	10.8	4,770	1.07	1.61	61
20-34 years	1,154	1,817	72.9	87.8	181.6	616	11.2	5,210	.97	1.48	59
35-54 years	1,652	1,658	68.6	80.9	160.7	540	10.9	5,430	.91	1.35	65
55-64 years	418	1,682	71.1	85.5	156.4	554	11.2	4,840	.98	1.41	76
65-74 years	142	1,543	63.8	74.5	154.2	526	10.3	5,020	.86	1.32	64
75 years and over	70	1,662	67.6	77.1	176.3	609	10.3	5,260	1.01	1.40	70

See footnotes at end of tables.

Table 1e.--Nutritive value of food per person in one day

Sex-age group	Number of persons	Food energy	Protein	Fat	Carbo-hydrate	Cal-cium	Iron	Vitamin A value	Thia-mine	Ribo-flavin	Ascorbic acid
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
		<u>Cal.</u>	<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>Mg.</u>	<u>Mg.</u>	<u>I.U.</u>	<u>Mg.</u>	<u>Mg.</u>	<u>Mg.</u>
Male and female:											
Under 1 year 1/-	270	963	38.6	41.0	106.6	1,012	5.6	4,630	0.69	1.68	39
1-2 years-----	552	1,439	58.1	65.7	157.4	962	7.0	3,990	.80	1.73	49
3-5 years-----	945	1,756	68.1	82.0	191.5	941	8.7	4,290	.97	1.78	53
6-8 years-----	974	2,071	78.5	97.5	226.1	1,029	10.2	4,730	1.09	1.97	59
Male:											
9-11 years-----	442	2,401	90.7	112.9	263.1	1,137	12.1	5,550	1.26	2.22	70
12-14 years-----	412	2,720	101.6	130.0	293.5	1,270	13.6	6,080	1.35	2.46	73
15-17 years-----	362	3,125	119.6	151.0	328.8	1,375	16.1	7,320	1.58	2.81	83
18-19 years-----	175	3,156	121.9	156.7	318.8	1,314	16.6	6,090	1.67	2.67	85
20-34 years-----	958	2,970	120.9	148.5	273.9	946	18.1	7,510	1.61	2.34	76
35-54 years-----	1,436	2,642	107.5	133.2	244.1	766	16.9	6,560	1.40	1.99	75
55-64 years-----	514	2,465	99.3	124.1	228.3	702	16.2	9,740	1.39	2.10	78
65-74 years-----	282	2,051	82.3	100.0	204.0	670	13.4	5,640	1.16	1.68	67
75 years and over----	154	1,866	72.0	90.1	191.1	600	11.3	4,720	1.08	1.39	54
Female:											
9-11 years-----	412	2,048	76.5	95.2	228.2	1,009	10.2	5,100	1.06	1.98	61
12-14 years-----	415	2,230	84.1	104.9	243.9	1,036	11.2	5,030	1.15	2.02	70
15-17 years-----	354	2,075	82.6	99.5	216.6	877	11.1	5,440	1.13	1.86	65
18-19 years-----	143	1,931	77.2	90.4	205.7	781	10.6	4,600	.98	1.60	61
20-34 years-----	1,250	1,769	72.2	85.7	176.0	597	11.0	5,850	.97	1.49	56
35-54 years-----	1,696	1,660	69.0	81.0	160.5	530	11.0	5,540	.92	1.36	63
55-64 years-----	608	1,607	67.7	80.4	153.2	516	10.9	5,580	.93	1.35	68
65-74 years-----	391	1,506	61.6	73.6	150.9	488	10.2	5,510	.84	1.26	60
75 years and over----	227	1,463	58.5	69.1	154.1	522	9.2	4,290	.85	1.18	61

See footnotes at end of tables.



Table 1f.--Nutritive value of food per person in one day

Sex-age group	Number of persons	Food energy	Protein	Fat	Carbohydrate	Calcium	Iron	Vitamin A value	Thiamine	Riboflavin	Ascorbic acid
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
		<u>Cal.</u>	<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>Mg.</u>	<u>Mg.</u>	<u>I.U.</u>	<u>Mg.</u>	<u>Mg.</u>	<u>Mg.</u>
Male and female:											
Under 1 year <u>1</u> /-----	138	962	39.5	42.6	103.7	1,112	6.4	4,390	0.64	1.81	31
1-2 years-----	258	1,331	52.7	62.4	142.1	863	6.5	3,400	.74	1.56	36
3-5 years-----	460	1,594	58.3	71.7	183.1	764	8.2	3,390	.82	1.46	42
6-8 years-----	438	1,898	69.9	84.4	219.9	853	9.9	3,940	1.00	1.69	49
Male:											
9-11 years-----	223	2,260	83.0	103.0	256.0	968	11.8	4,500	1.19	1.94	66
12-14 years-----	215	2,540	96.6	117.8	277.8	1,023	14.2	5,310	1.35	2.14	64
15-17 years-----	200	2,744	103.2	131.3	291.2	968	15.5	4,500	1.53	2.11	61
18-19 years-----	76	2,802	110.2	131.5	296.2	880	16.6	4,130	1.59	2.11	53
20-34 years-----	448	2,804	113.8	140.9	266.6	780	17.4	5,930	1.55	2.04	65
35-54 years-----	614	2,606	103.1	130.4	251.4	807	16.3	5,950	1.42	1.98	67
55-64 years-----	228	2,324	94.9	115.0	223.8	742	15.0	6,990	1.48	1.93	60
65-74 years-----	178	2,069	82.8	101.6	202.0	725	13.5	6,060	1.17	1.73	63
75 years and over----	65	1,879	75.5	90.7	189.4	624	12.0	4,180	1.10	1.50	57
Female:											
9-11 years-----	187	1,925	71.9	85.5	221.1	823	10.3	5,050	1.01	1.69	54
12-14 years-----	211	1,980	73.7	91.8	218.5	772	10.8	4,210	1.04	1.60	57
15-17 years-----	184	1,854	69.1	83.3	210.5	712	10.7	4,590	.96	1.53	50
18-19 years-----	89	1,898	72.6	88.7	204.8	592	11.4	4,290	1.13	1.47	50
20-34 years-----	596	1,875	72.4	88.2	196.6	564	11.8	5,130	1.03	1.43	56
35-54 years-----	796	1,634	67.0	78.8	163.6	510	10.7	4,820	.95	1.32	51
55-64 years-----	308	1,642	66.9	78.9	165.9	544	10.7	4,520	.97	1.35	54
65-74 years-----	233	1,417	58.1	64.8	150.4	524	9.1	3,980	.83	1.23	52
75 years and over----	113	1,449	59.0	66.5	155.0	495	9.3	4,320	.83	1.17	43

See footnotes at end of tables.



Table 2a.--Nutritive value of food eaten per person in one day as a percent of the Recommended Dietary Allowances\*

Sex-age group	Number of persons	Food energy	Protein	Calcium	Iron	Vitamin A value	Thia-mine	Ribo-flavin	Ascorbic acid
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
		<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>
Male and female:									
Under 1 year 1/-----	408	120	259	209	49	303	170	346	103
1-2 years-----	810	117	225	116	46	190	130	278	113
3-5 years-----	1,405	110	216	110	85	158	115	187	123
6-8 years-----	1,412	98	217	108	101	128	107	172	140
Male:									
9-11 years-----	665	98	196	90	120	130	103	164	173
12-14 years-----	627	97	200	85	77	116	96	168	156
15-17 years-----	562	100	190	95	94	126	104	171	136
18-19 years-----	251	107	197	118	138	110	118	156	125
20-34 years-----	1,406	104	182	112	179	140	114	132	122
35-54 years-----	2,050	101	163	97	167	128	108	116	120
55-64 years-----	742	101	151	89	159	178	118	121	120
65-74 years-----	460	89	127	86	135	116	106	100	110
75 years and over-----	219	94	112	76	115	91	109	84	92
Female:									
9-11 years-----	599	89	150	79	64	127	95	145	148
12-14 years-----	626	93	161	73	62	95	93	134	147
15-17 years-----	538	87	142	63	61	103	89	116	120
18-19 years-----	232	91	137	71	61	90	95	103	104
20-34 years-----	1,846	90	131	73	63	112	99	98	102
35-54 years-----	2,492	89	124	66	61	106	93	89	107
55-64 years-----	916	93	123	66	108	104	94	90	115
65-74 years-----	624	89	110	63	98	99	84	83	104
75 years and over-----	340	101	107	64	92	86	84	79	100

See footnotes at end of tables.

\*Adapted from National Academy of Sciences-National Research Council, Food and Nutrition Board. Recommended Dietary Allowances. Natl. Acad. Sci. Pub. 1694. 7th Ed. Rev. 1968.

Table 2b.--Nutritive value of food eaten per person in one day as a percent of the Recommended Dietary Allowances\*

Sex-age group	Number of persons	Food energy	Protein	Calcium	Iron	Vitamin A value	Thiamine	Riboflavin	Ascorbic acid
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
		<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>
Male and female:									
Under 1 year <u>1</u> /-----	58	124	286	241	43	258	143	378	71
1-2 years-----	96	109	213	114	42	186	122	270	83
3-5 years-----	179	95	186	91	83	120	101	152	73
6-8 years-----	198	85	179	88	97	93	90	136	90
Male:									
9-11 years-----	88	85	161	76	109	83	92	132	135
12-14 years-----	89	83	160	66	75	88	86	125	131
15-17 years-----	85	86	154	73	89	99	99	137	85
18-19 years-----	36	94	162	74	144	102	111	117	107
20-34 years-----	122	90	161	100	167	93	111	110	103
35-54 years-----	160	94	139	102	154	97	108	106	93
55-64 years-----	140	89	126	86	140	141	121	108	78
65-74 years-----	183	85	121	87	127	99	103	93	90
75 years and over-----	108	88	101	69	103	71	100	75	68
Female:									
9-11 years-----	74	80	136	63	67	129	95	114	140
12-14 years-----	83	82	137	59	64	72	89	110	107
15-17 years-----	88	77	124	57	61	105	82	105	88
18-19 years-----	29	79	118	49	57	101	86	87	78
20-34 years-----	212	92	131	69	66	154	105	103	80
35-54 years-----	316	88	118	65	59	72	95	85	82
55-64 years-----	268	88	111	62	102	86	86	80	85
65-74 years-----	304	86	105	63	93	100	82	81	95
75 years and over-----	190	93	96	59	87	80	78	73	84

See footnotes at end of tables.

\*Adapted from National Academy of Sciences-National Research Council, Food and Nutrition Board. Recommended Dietary Allowances. Natl. Acad. Sci. Pub. 1694. 7th Ed. Rev. 1968.

Table 2c.--Nutritive value of food eaten per person in one day as a percent of the Recommended Dietary Allowances\*

Sex-age group (1)	Number of persons (2)	Food energy (3)	Protein (4)	Calcium (5)	Iron (6)	Vitamin A value (7)	Thia- mine (8)	Ribo- flavin (9)	Ascorbic acid (10)
		<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>
Male and female:									
Under 1 year <u>1</u> /-----	113	118	257	210	50	301	173	352	111
1-2 years-----	202	111	211	103	43	188	120	257	95
3-5 years-----	318	103	205	100	85	183	114	178	108
6-8 years-----	263	94	211	98	103	127	104	159	128
Male:									
9-11 years-----	116	93	183	77	118	133	98	148	148
12-14 years-----	117	94	197	80	78	133	94	166	140
15-17 years-----	112	99	188	89	96	104	106	159	129
18-19 years-----	45	105	190	98	136	70	111	136	107
20-34 years-----	260	102	176	107	176	169	111	135	108
35-54 years-----	334	95	156	89	164	116	110	113	97
55-64 years-----	136	105	154	90	162	222	121	136	92
65-74 years-----	105	90	124	82	139	127	101	108	112
75 years and over----	42	94	121	77	130	110	108	87	120
Female:									
9-11 years-----	95	87	148	73	66	143	95	145	130
12-14 years-----	100	88	150	59	61	84	92	116	129
15-17 years-----	81	78	124	52	55	123	87	111	88
18-19 years-----	54	91	137	70	62	72	92	101	95
20-34 years-----	404	87	127	66	62	107	100	93	95
35-54 years-----	434	90	126	62	62	119	96	93	91
55-64 years-----	168	94	126	69	108	141	100	97	95
65-74 years-----	124	90	113	60	104	103	79	85	104
75 years and over----	56	108	118	67	93	92	79	79	115

See footnotes at end of tables

\*Adapted from National Academy of Sciences-National Research Council, Food and Nutrition Board. Recommended Dietary Allowances. Natl. Acad. Sci. Pub. 1694. 7th Ed. Rev. 1968.

Table 2d.--Nutritive value of food eaten per person in one day as a percent of the Recommended Dietary Allowances\*

Sex-age group (1)	Number of persons (2)	Food energy (3)	Protein (4)	Calcium (5)	Iron (6)	Vitamin A value (7)	Thia- mine (8)	Ribo- flavin (9)	Ascorbic acid (10)
		<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>
Male and female:									
Under 1 year 1/-----	231	121	255	201	51	308	173	334	106
1-2 years-----	499	122	234	122	48	195	137	290	128
3-5 years-----	885	115	227	118	85	157	119	197	135
6-8 years-----	920	102	226	115	101	133	110	181	155
Male:									
9-11 years-----	443	102	206	96	123	138	107	173	188
12-14 years-----	404	100	208	90	76	117	98	177	167
15-17 years-----	348	104	200	103	94	140	105	185	153
18-19 years-----	161	111	208	134	139	124	121	171	137
20-34 years-----	948	108	189	114	183	141	116	135	127
35-54 years-----	1,478	103	168	99	170	135	107	119	128
55-64 years-----	432	104	158	90	163	163	116	117	142
65-74 years-----	143	96	139	91	145	126	117	105	132
75 years and over-----	61	102	124	84	121	104	116	91	112
Female:									
9-11 years-----	413	91	152	83	63	123	95	150	150
12-14 years-----	430	96	167	78	61	102	93	142	158
15-17 years-----	351	92	151	67	63	100	93	121	136
18-19 years-----	138	93	139	75	60	95	97	107	111
20-34 years-----	1,154	91	133	77	62	104	97	99	107
35-54 years-----	1,652	90	125	68	61	109	91	90	118
55-64 years-----	418	96	129	69	112	97	98	94	138
65-74 years-----	142	94	116	66	103	100	86	88	116
75 years and over-----	70	115	123	76	103	105	101	93	127

See footnotes at end of tables.

\*Adapted from National Academy of Sciences-National Research Council, Food and Nutrition Board. Recommended Dietary Allowances. Natl. Acad. Sci. Pub. 1694. 7th Ed. Rev. 1968.



Table 8a.--Potatoes; other vegetables and fruit: Quantity per person in one day and percent eating

Sex-age, group	Number of persons	Quantity per person					Percent of persons eating				
		Pota- toes, white, mix- tures 24/	Other vegetables and fruit				Pota- toes, white, mix- tures	Other vegetables and fruit			
			Total	Other vege- tables, mix- tures 25/	Dried fruit 26/	Other fruit, mix- tures 27/		Total	Other vege- tables, mix- tures	Dried fruit	Other fruit, mix- tures
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
Male and Female:		<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>
Under 1 year 1/-----	408	6	164	50	3	112	10.5	77.0	43.9	3.4	68.6
1-2 years-----	810	34	150	48	2	100	52.8	74.1	54.7	3.1	46.7
3-5 years-----	1,405	43	151	48	1	101	55.5	74.1	58.3	2.1	39.8
6-8 years-----	1,412	53	171	57	1	113	59.1	76.4	61.3	1.8	44.8
Male:											
9-11 years-----	665	65	208	68	1	139	62.6	78.9	63.0	1.7	49.0
12-14 years-----	627	68	185	79	1	105	59.3	79.3	68.1	2.1	42.7
15-17 years-----	562	91	212	93	1	118	62.1	79.5	67.6	1.1	38.4
18-19 years-----	251	90	198	91	*	107	64.1	73.3	66.9	.4	36.3
20-34 years-----	1,406	96	211	113	1	96	66.4	82.4	74.0	.7	34.4
35-54 years-----	2,050	79	222	119	3	100	58.2	83.6	76.9	2.3	36.6
55-64 years-----	742	76	216	100	5	111	55.3	82.5	71.4	4.0	44.7
65-74 years-----	460	74	205	96	8	101	52.4	77.6	66.1	6.5	43.5
75 years and over-----	219	64	191	86	8	97	49.3	75.3	61.2	8.2	42.5
Female:											
9-11 years-----	599	47	191	70	1	121	56.6	78.8	65.6	1.5	44.7
12-14 years-----	626	55	214	75	*	139	61.0	84.5	70.9	1.1	47.8
15-17 years-----	538	50	187	74	*	113	55.8	79.4	68.0	.6	39.0
18-19 years-----	232	53	165	86	2	77	56.5	79.3	71.6	1.7	34.1
20-34 years-----	1,846	56	145	80	1	64	53.2	77.9	68.5	1.0	30.7
35-54 years-----	2,492	47	176	88	2	86	48.3	80.9	72.2	2.4	35.2
55-64 years-----	916	46	187	91	5	90	46.1	80.1	72.5	5.0	39.5
65-74 years-----	624	48	178	80	7	92	44.7	80.0	66.3	6.7	44.4
75 years and over-----	340	51	181	73	5	103	44.1	77.1	62.6	4.7	47.6

See footnotes at end of tables.

\*Less than 0.05 grams.

Table 8b.--Potatoes; other vegetables and fruit: Quantity per person in one day and percent eating

Sex-age group.	Number of persons	Quantity per person					Percent of persons eating				
		Potatoes, white, mix- tures <u>24/</u>	Other vegetables and fruit				Potatoes, white, mix- tures	Other vegetables and fruit			
			Total	Other vege- tables, mix- tures <u>25/</u>	Dried fruit <u>26/</u>	Other fruit, mix- tures <u>27/</u>		Total	Other vege- tables, mix- tures	Dried fruit	Other fruit, mix- tures
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
Male and Female:		<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>
Under 1 year <u>1/</u> -----	58	9	111	41	4	67	19.0	58.6	36.2	3.4	44.8
1-2 years-----	96	21	89	32	1	56	38.5	59.4	44.8	2.1	24.0
3-5 years-----	179	35	91	40	1	50	45.3	57.5	44.1	1.7	22.3
6-8 years-----	198	45	115	44	*	71	46.0	60.6	45.5	.5	28.3
Male:											
9-11 years-----	88	57	157	56	0	101	51.1	65.9	46.6	.0	39.8
12-14 years-----	89	50	133	66	*	67	44.9	60.7	51.7	1.1	23.6
15-17 years-----	85	79	152	88	4	60	51.8	69.4	60.0	1.2	20.0
18-19 years-----	36	104	181	101	0	80	58.3	69.4	61.1	.0	33.3
20-34 years-----	122	76	170	136	0	34	52.5	75.4	67.2	.0	16.4
35-54 years-----	160	77	134	84	2	49	51.3	62.5	58.8	2.5	15.0
55-64 years-----	140	63	144	98	1	45	45.7	65.7	60.0	1.4	28.6
65-74 years-----	183	77	180	97	6	76	50.3	71.0	61.7	4.9	35.0
75 years and over-----	108	52	145	75	6	64	40.7	65.7	55.6	5.6	31.5
Female:											
9-11 years-----	74	47	221	66	2	153	44.6	66.2	51.4	2.7	39.2
12-14 years-----	83	30	172	61	*	111	34.9	71.1	53.0	1.2	28.9
15-17 years-----	88	44	140	53	*	87	52.3	69.3	58.0	1.1	23.9
18-19 years-----	29	52	106	81	0	25	62.1	65.5	58.6	.0	13.8
20-34 years-----	212	55	102	59	2	41	47.2	59.4	50.9	1.9	22.6
35-54 years-----	316	41	160	81	0	79	40.5	65.8	57.0	.0	26.6
55-64 years-----	268	45	153	80	6	67	44.8	68.7	60.4	4.5	27.6
65-74 years-----	304	44	150	70	5	76	39.1	73.0	59.2	5.3	37.2
75 years and over-----	190	44	161	69	7	85	37.4	71.1	58.4	5.3	41.6

See footnotes at end of tables.

\*Less than 0.05 grams.

Table 8c --Potatoes; other vegetables and fruit: Quantity per person in one day and percent eating

Sex-age group	Number of persons	Quantity per person					Percent of persons eating				
		Potatoes, white, mix-tures <u>24/</u>	Other vegetables and fruit				Potatoes, white, mix-tures	Other vegetables and fruit			
			Total	Other vegetables, mix-tures <u>25/</u>	Dried fruit <u>26/</u>	Other fruit, mix-tures <u>27/</u>		Total	Other vegetables, mix-tures	Dried fruit	Other fruit, mix-tures
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
Male and Female:		<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>
Under 1 year <u>1/</u> -----	113	9	153	55	2	97	10.6	76.1	46.9	3.5	62.8
1-2 years-----	202	36	111	44	1	66	48.0	67.3	53.5	3.5	33.2
3-5 years-----	318	42	121	49	*	71	53.1	67.0	55.3	.9	29.2
6-8 years-----	263	54	159	65	1	92	54.8	73.8	61.6	1.9	38.8
Male:											
9-11 years-----	116	60	244	68	0	176	56.0	82.8	63.8	.0	51.7
12-14 years-----	117	72	197	81	1	115	59.8	73.5	64.1	1.7	35.9
15-17 years-----	112	107	195	97	0	98	63.4	76.8	64.3	.0	28.6
18-19 years-----	45	93	132	73	0	59	60.0	68.9	60.0	.0	31.1
20-34 years-----	260	106	171	100	1	70	65.4	78.5	70.0	1.5	32.3
35-54 years-----	334	81	188	100	1	87	55.1	76.0	65.9	1.2	31.1
55-64 years-----	136	91	142	85	2	56	57.4	75.0	56.2	1.5	27.9
65-74 years-----	105	76	222	89	7	126	52.4	79.0	61.9	6.7	54.3
75 years and over-----	42	83	231	106	13	111	59.5	85.7	71.4	11.9	57.1
Female:											
9-11 years-----	95	54	138	58	2	79	54.7	76.8	68.4	2.1	37.9
12-14 years-----	100	57	218	86	0	132	56.0	81.0	68.0	.0	42.0
15-17 years-----	81	43	151	80	*	71	50.6	85.2	77.8	1.2	34.6
18-19 years-----	54	63	132	87	0	45	53.7	77.8	72.2	.0	27.8
20-34 years-----	404	61	140	84	0	57	52.0	73.3	66.3	.0	27.7
35-54 years-----	434	59	151	75	2	75	51.2	76.5	64.5	2.8	30.9
55-64 years-----	168	43	192	106	7	79	39.3	75.0	67.9	7.1	36.9
65-74 years-----	124	51	188	89	7	91	46.8	82.3	71.0	6.5	47.6
75 years and over-----	56	50	144	64	*	80	51.8	78.6	58.9	1.8	46.4

See footnotes at end of tables.

\*Less than 0.05 grams.

Table 8d.--Potatoes; other vegetables and fruit: Quantity per person in one day and percent eating

Sex-age group	Number of persons	Quantity per person					Percent of persons eating				
		Potatoes, white, mixtures <u>24/</u>	Other vegetables and fruit				Potatoes, white, mixtures	Other vegetables and fruit			
			Total	Other vegetables, mixtures <u>25/</u>	Dried fruit <u>26/</u>	Other fruit, mixtures <u>27/</u>		Total	Other vegetables, mixtures	Dried fruit	Other fruit, mixtures
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
Male and Female:		<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>
Under 1 year <u>1/</u> -----	231	4	184	50	3	131	8.2	81.8	44.6	3.5	77.1
1-2 years-----	499	35	179	52	2	124	57.3	79.8	57.1	3.0	56.7
3-5 years-----	885	44	172	50	2	120	58.5	80.0	62.4	2.5	46.6
6-8 years-----	920	55	188	58	1	129	63.2	80.4	64.7	2.0	49.7
Male:											
9-11 years-----	443	68	209	70	2	137	66.6	80.8	66.4	2.3	50.3
12-14 years-----	404	70	196	82	2	113	61.9	85.4	73.5	2.5	49.3
15-17 years-----	348	87	237	94	1	142	64.1	83.6	70.7	1.4	46.8
18-19 years-----	161	89	228	95	1	132	68.3	76.4	70.8	.6	40.4
20-34 years-----	948	99	228	115	1	111	69.4	84.8	76.2	.6	36.3
35-54 years-----	1,478	78	239	126	3	110	59.8	88.0	81.6	2.3	40.7
55-64 years-----	432	78	250	101	7	142	58.3	89.4	76.4	5.1	53.2
65-74 years-----	143	67	219	97	13	110	55.2	81.1	70.6	8.4	44.1
75 years and over-----	61	68	243	93	8	143	55.7	86.9	63.9	9.8	50.8
Female:											
9-11 years-----	413	46	200	73	1	127	58.8	81.4	67.8	1.2	47.7
12-14 years-----	430	60	224	75	1	148	67.2	87.4	74.4	1.4	52.6
15-17 years-----	351	53	212	78	*	133	58.4	82.3	69.8	.3	44.7
18-19 years-----	138	46	194	89	3	102	54.3	83.3	73.9	2.9	41.3
20-34 years-----	1,154	55	153	83	1	69	55.3	82.7	72.4	1.0	32.2
35-54 years-----	1,652	45	187	93	3	91	49.0	85.1	76.9	2.9	38.6
55-64 years-----	418	48	202	92	5	105	50.7	89.5	81.3	4.3	48.3
65-74 years-----	142	51	215	92	11	112	52.8	89.4	76.8	11.3	49.3
75 years and over-----	70	61	270	88	6	176	48.6	88.6	72.9	7.1	61.4

See footnotes at end of tables.

\*Less than 0.05 grams.



Table 8.---Potatoes; other vegetables and fruit: Quantity per person in one day and percent eating

Sex-age group	Number of persons	Quantity per person					Percent of persons eating				
		Potatoes, white, mix- tures <u>24/</u>	Other vegetables and fruit				Potatoes, white, mix- tures	Other vegetables and fruit			
			Total	Other vege- tables, mix- tures <u>25/</u>	Dried fruit <u>26/</u>	Other fruit, mix- tures <u>27/</u>		Total	Other vege- tables, mix- tures	Dried fruit	Other fruit, mix- tures
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
Male and Female:		G.	G.	G.	G.	G.	Pct.	Pct.	Pct.	Pct.	Pct.
Under 1 year <u>I</u> -----	270	6	172	52	2	118	9.3	81.1	44.8	3.0	74.1
1-2 years-----	552	38	168	49	2	117	56.3	78.6	57.1	4.0	53.8
3-5 years-----	945	47	163	50	1	111	58.6	76.3	59.4	2.6	44.0
6-8 years-----	974	56	180	56	1	123	61.9	77.4	61.1	2.2	49.4
Male:											
9-11 years-----	442	69	206	67	2	137	65.4	79.4	62.4	1.8	52.7
12-14 years-----	412	73	194	82	2	111	64.3	81.8	69.7	2.4	46.4
15-17 years-----	362	97	227	98	1	127	64.6	80.4	68.5	1.1	43.4
18-19 years-----	175	99	214	84	1	129	68.6	73.1	64.6	.6	42.3
20-34 years-----	958	104	220	121	1	98	67.8	83.3	74.5	.8	37.2
35-54 years-----	1,436	82	230	121	3	105	59.1	84.0	76.3	3.1	40.3
55-64 years-----	514	85	224	92	6	126	59.9	85.6	71.6	3.9	48.2
65-74 years-----	282	82	224	97	10	116	57.8	80.5	67.7	7.8	50.0
75 years and over-----	154	68	203	85	11	106	53.2	76.6	61.7	10.4	48.1
Female:											
9-11 years-----	412	48	202	71	1	129	58.7	80.3	65.0	1.9	50.0
12-14 years-----	415	58	228	76	1	151	62.9	86.3	70.8	1.4	53.3
15-17 years-----	354	55	190	75	0	116	60.7	80.5	66.9	.0	44.1
18-19 years-----	143	55	160	75	2	82	59.4	78.3	67.8	1.4	36.4
20-34 years-----	1,250	56	144	79	1	65	55.2	77.9	67.8	.8	32.0
35-54 years-----	1,696	50	183	89	3	91	50.8	81.8	72.1	3.1	37.9
55-64 years-----	608	53	203	94	5	104	52.3	84.2	74.7	4.9	44.7
65-74 years-----	391	54	194	87	8	99	48.6	82.9	68.0	7.9	48.8
75 years and over-----	227	58	203	74	5	124	48.5	79.7	62.6	5.7	56.4

See footnotes at end of tables.

Table 8f.--Potatoes; other vegetables and fruit: Quantity per person in one day and percent eating

Sex-age group	Number of persons	Quantity per person					Percent of persons eating				
		Potatoes, white, mixtures <u>24/</u>	Other vegetables and fruit				Potatoes, white, mixtures	Other vegetables and fruit			
			Total	Other vegetables, mixtures <u>25/</u>	Dried fruit <u>26/</u>	Other fruit, mixtures <u>27/</u>		Total	Other vegetables, mixtures	Dried fruit	Other fruit, mixtures
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
Male and Female:		<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>
Under 1 year <u>1/</u> -----	138	7	149	46	3	100	13.0	68.8	42.0	4.3	58.0
1-2 years-----	258	24	110	44	1	65	45.3	64.3	49.6	1.2	31.4
3-5 years-----	460	35	125	45	1	80	49.1	69.6	56.1	1.1	31.1
6-8 years-----	438	46	151	58	1	92	53.0	74.2	61.6	.9	34.5
Male:											
9-11 years-----	223	56	214	70	1	143	57.0	78.0	64.1	1.3	41.7
12-14 years-----	215	59	169	75	1	93	49.8	74.4	65.1	1.4	35.8
15-17 years-----	200	79	185	85	1	100	57.5	78.0	66.0	1.0	29.5
18-19 years-----	76	71	161	105	0	56	53.9	73.7	72.4	.0	22.4
20-34 years-----	448	79	191	97	1	93	63.4	80.4	72.8	.4	28.6
35-54 years-----	614	72	202	113	*	88	56.4	82.7	78.2	.7	28.0
55-64 years-----	228	55	198	118	4	76	44.7	75.4	71.1	4.4	36.8
65-74 years-----	178	61	176	94	6	76	43.8	73.0	63.5	4.5	33.1
75 years and over-----	65	54	163	87	1	75	40.0	72.3	60.0	3.1	29.2
Female:											
9-11 years-----	187	45	169	67	1	101	51.9	75.4	66.8	.5	33.2
12-14 years-----	211	49	188	72	*	116	57.3	81.0	71.1	.5	37.0
15-17 years-----	184	40	182	74	1	107	46.2	77.2	70.1	1.6	29.3
18-19 years-----	89	51	174	102	2	69	51.7	80.9	77.5	2.2	30.3
20-34 years-----	596	54	147	82	1	64	49.0	77.9	69.8	1.3	27.9
35-54 years-----	796	41	161	86	1	74	43.0	78.9	72.4	1.0	29.6
55-64 years-----	308	31	155	86	5	64	33.8	72.1	68.2	5.2	29.2
65-74 years-----	233	39	150	67	4	79	38.2	75.1	63.5	4.7	36.9
75 years and over-----	113	36	137	71	6	60	35.4	71.7	62.8	2.7	30.1

See footnotes at end of tables.

\*Less than 0.05 grams.

Table 9a.--Sugars, sweets: Quantity per person in one day and percent eating

Sex-age group	Number of persons	Quantity per person					Percent of persons eating				
		Total	Sugar 28/	Sirup, honey, molasses 29/	Jelly, jam 30/	Candy	Total	Sugar	Sirup, honey, molasses	Jelly, jam	Candy
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
		<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>
Male and female:											
Under 1 year 1/-----	408	10	1	5	3	1	27.7	14.0	9.6	3.9	1.7
1-2 years-----	810	30	8	4	13	5	64.0	38.4	9.1	23.8	13.7
3-5 years-----	1,405	43	12	7	17	7	71.8	45.4	10.8	28.1	15.7
6-8 years-----	1,412	47	14	7	17	8	75.0	48.1	11.4	29.5	17.6
Male:											
9-11 years-----	665	55	16	10	20	8	74.7	45.7	14.4	29.8	16.7
12-14 years-----	627	60	14	11	27	7	71.6	45.8	12.9	29.7	14.4
15-17 years-----	562	59	13	11	26	9	67.6	42.3	11.2	27.0	13.9
18-19 years-----	251	49	11	9	23	7	63.3	43.4	9.6	23.9	10.0
20-34 years-----	1,406	44	17	7	16	5	73.3	56.9	7.3	23.5	8.3
35-54 years-----	2,050	46	17	6	19	4	71.2	54.5	8.5	24.1	5.8
55-64 years-----	742	47	17	7	19	4	72.8	57.7	9.4	23.7	7.5
65-74 years-----	460	46	17	6	22	2	70.7	55.9	9.6	22.0	5.2
75 years and over-----	219	36	17	5	13	2	74.4	60.7	8.2	21.0	3.7
Female:											
9-11 years-----	599	48	14	6	20	8	72.3	42.6	11.0	29.2	17.2
12-14 years-----	626	51	13	8	19	11	67.9	42.0	10.9	27.3	19.0
15-17 years-----	538	41	10	6	19	6	61.5	36.4	7.6	23.8	13.4
18-19 years-----	232	39	11	6	17	5	65.9	43.1	9.9	23.7	10.8
20-34 years-----	1,846	35	13	4	14	4	65.2	49.9	6.9	19.3	7.5
35-54 years-----	2,492	32	10	3	15	4	62.0	45.7	5.3	22.7	6.9
55-64 years-----	916	33	9	4	19	2	63.1	40.0	5.9	26.6	6.8
65-74 years-----	624	31	9	2	18	2	61.9	42.8	5.6	25.8	5.9
75 years and over-----	340	31	11	4	15	2	66.8	52.1	6.8	21.5	3.8

See footnotes at end of tables.

Table 9b.--Sugars, sweets: Quantity per person in one day and percent eating

Sex-age group  (1)	Number of persons  (2)	Quantity per person					Percent of persons eating				
		Total (3)	Sugar 28/ (4)	Sirup, honey, molasses 29/ (5)	Jelly, jam 30/ (6)	Candy (7)	Total (8)	Sugar (9)	Sirup, honey, molasses (10)	Jelly, jam (11)	Candy (12)
		<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>
Male and female:											
Under 1 year <u>1</u> /-----	58	16	3	11	1	2	34.5	20.7	13.8	1.7	1.7
1-2 years-----	96	23	7	6	8	2	53.1	33.3	11.5	17.7	4.2
3-5 years-----	179	43	12	15	9	7	64.8	41.9	17.9	12.8	10.1
6-8 years-----	198	49	13	13	17	5	69.7	39.9	15.7	23.7	7.6
Male:											
9-11 years-----	88	51	16	18	12	5	69.3	40.9	21.6	17.0	10.2
12-14 years-----	89	74	12	32	25	5	70.8	38.2	24.7	23.6	6.7
15-17 years-----	85	62	15	32	10	6	65.9	43.5	21.2	14.1	9.4
18-19 years-----	36	49	14	21	11	4	52.8	38.9	16.7	16.7	2.8
20-34 years-----	122	46	22	6	9	9	68.9	57.4	4.9	14.8	11.5
35-54 years-----	160	39	15	13	9	1	65.0	50.0	13.8	13.8	1.3
55-64 years-----	140	54	23	14	15	2	71.4	54.3	12.9	18.6	7.1
65-74 years-----	183	42	16	6	19	2	69.9	54.1	11.5	19.7	4.9
75 years and over-----	108	34	17	4	11	2	76.9	62.0	6.5	19.4	2.8
Female:											
9-11 years-----	74	36	14	7	12	3	59.5	41.9	10.8	18.9	6.8
12-14 years-----	83	42	14	14	10	3	66.3	47.0	16.9	21.7	6.0
15-17 years-----	88	32	7	12	8	5	51.1	26.1	11.4	17.0	9.1
18-19 years-----	29	39	13	1	20	4	62.1	44.8	3.4	20.7	10.3
20-34 years-----	212	44	16	6	16	6	68.9	54.7	6.6	15.1	7.5
35-54 years-----	316	39	13	4	16	5	62.7	50.6	4.4	19.6	7.0
55-64 years-----	268	38	11	6	18	3	67.2	43.3	10.4	25.4	7.5
65-74 years-----	304	28	10	2	14	3	63.8	46.4	5.6	24.0	5.6
75 years and over-----	190	30	10	4	15	*	65.8	51.1	7.9	20.5	2.1

See footnotes at end of tables.



Table 9c.--Sugars, sweets: Quantity per person in one day and percent eating

Sex-age group  (1)	Number of persons  (2)	Quantity per person					Percent of persons eating				
		Total (3)	Sugar 28/ (4)	Sirup, honey, molasses 29/ (5)	Jelly, jam 30/ (6)	Candy (7)	Total (8)	Sugar (9)	Sirup, honey, molasses (10)	Jelly, jam (11)	Candy (12)
		<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>
Male and female:											
Under 1 year 1/-----	113	8	1	4	3	*	26.5	15.0	8.8	3.5	0.9
1-2 years-----	202	34	9	5	16	4	64.4	41.6	7.9	24.8	9.4
3-5 years-----	318	39	13	5	18	4	68.9	45.6	7.5	26.4	9.4
6-8 years-----	263	46	14	5	19	7	76.0	44.9	8.7	31.6	19.0
Male:											
9-11 years-----	116	55	19	6	21	9	72.4	44.0	8.6	29.3	17.2
12-14 years-----	117	64	15	8	35	7	73.5	48.7	12.0	32.5	14.5
15-17 years-----	112	61	17	6	27	11	75.0	51.8	8.9	29.5	17.9
18-19 years-----	45	43	12	4	18	9	62.2	37.8	8.9	20.0	11.1
20-34 years-----	260	46	21	4	18	3	80.8	65.4	4.6	25.4	6.2
35-54 years-----	334	52	20	7	20	4	80.8	63.5	9.0	26.3	7.2
55-64 years-----	136	42	19	4	16	3	73.5	58.8	8.8	27.9	4.4
65-74 years-----	105	52	18	5	27	2	76.2	61.0	6.7	21.0	6.7
75 years and over-----	42	40	12	9	17	1	78.6	61.9	19.0	26.2	4.8
Female:											
9-11 years-----	95	42	13	5	17	7	72.6	46.3	8.4	24.2	16.8
12-14 years-----	100	47	14	7	14	13	70.0	50.0	8.0	22.0	20.0
15-17 years-----	81	44	12	7	18	8	69.1	46.9	11.1	18.5	12.3
18-19 years-----	54	33	11	5	12	3	61.1	38.9	7.4	24.1	11.1
20-34 years-----	404	31	15	3	11	2	60.4	50.5	6.4	16.8	5.0
35-54 years-----	434	24	12	2	8	2	65.4	50.7	3.2	18.9	3.7
55-64 years-----	168	27	9	2	13	3	58.3	33.3	2.4	25.0	7.1
65-74 years-----	124	37	7	1	27	2	62.1	42.7	4.8	27.4	6.5
75 years and over-----	56	35	11	3	15	6	71.4	53.6	7.1	17.9	8.9

See footnotes at end of tables.

\*Less than 0.05 grams.

Table 9d.--Sugars, sweets: Quantity per person in one day and percent eating

Sex-age group (1)	Number of persons (2)	Quantity per person					Percent of persons eating				
		Total (3)	Sugar 28/ (4)	Sirup, honey, molasses 29/ (5)	Jelly, jam 30/ (6)	Candy (7)	Total (8)	Sugar (9)	Sirup, honey, molasses (10)	Jelly, jam (11)	Candy (12)
		<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>
Male and female:											
Under 1 year 1/-----	231	10	1	4	4	1	26.0	11.3	9.1	4.3	2.2
1-2 years-----	499	30	7	3	13	6	66.3	38.3	9.4	25.1	17.2
3-5 years-----	885	44	12	6	18	9	74.0	45.6	10.2	31.8	19.2
6-8 years-----	920	46	15	7	16	9	75.9	50.8	11.1	30.8	19.1
Male:											
9-11 years-----	443	54	14	10	21	9	75.8	46.7	14.7	31.6	18.1
12-14 years-----	404	56	14	8	26	8	72.5	47.0	10.9	31.2	16.3
15-17 years-----	348	57	11	8	30	9	65.2	39.4	9.8	29.3	13.2
18-19 years-----	161	51	10	7	26	7	64.6	45.3	7.5	25.5	11.8
20-34 years-----	948	45	15	8	16	5	72.8	55.5	8.4	24.3	8.6
35-54 years-----	1,478	45	17	5	19	4	69.3	53.2	7.6	24.6	5.7
55-64 years-----	432	46	14	6	21	5	73.1	57.9	8.8	23.6	9.3
65-74 years-----	143	50	18	6	24	2	72.0	59.4	9.1	26.6	4.9
75 years and over-----	61	37	19	4	13	1	72.1	60.7	4.9	21.3	4.9
Female:											
9-11 years-----	413	51	14	6	22	9	74.6	41.9	11.9	32.0	19.4
12-14 years-----	430	54	12	7	23	12	67.4	39.5	9.8	29.8	21.4
15-17 years-----	351	42	10	5	21	6	61.5	35.3	6.0	26.2	14.8
18-19 years-----	138	41	11	6	18	7	68.1	46.4	8.7	24.6	10.9
20-34 years-----	1,154	35	12	4	14	4	66.9	49.6	7.5	20.8	8.3
35-54 years-----	1,652	32	10	3	16	3	60.9	43.8	5.8	24.3	7.1
55-64 years-----	418	35	7	3	22	2	64.6	43.1	4.8	28.2	6.7
65-74 years-----	142	32	9	2	20	2	59.2	37.3	5.6	31.0	6.3
75 years and over-----	70	33	13	3	14	2	70.0	57.1	4.3	27.1	5.7

See footnotes at end of tables.

Table 9e.--Sugars, sweets: Quantity per person in one day and percent eating

Sex-age group	Number of persons	Quantity per person					Percent of persons eating				
		Total	Sugar 28/	Sirup, honey, molasses 29/	Jelly, jam 30/	Candy	Total	Sugar	Sirup, honey, molasses	Jelly, jam	Candy
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
		<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>
Male and female:											
Under 1 year 1/-----	270	8	1	3	4	*	24.8	14.4	5.9	4.8	0.7
1-2 years-----	552	31	7	3	15	6	64.5	40.0	8.7	23.9	13.9
3-5 years-----	945	42	10	5	19	8	71.1	45.2	9.2	28.9	16.0
6-8 years-----	974	46	14	7	17	9	74.8	49.2	10.4	29.2	17.4
Male:											
9-11 years-----	442	54	16	9	20	8	73.8	45.7	13.3	29.0	16.5
12-14 years-----	412	61	13	9	30	9	71.8	45.9	11.2	33.3	15.5
15-17 years-----	362	62	13	8	30	11	67.7	44.5	10.8	27.6	15.2
18-19 years-----	175	49	8	9	25	6	62.9	41.7	9.1	25.1	9.1
20-34 years-----	958	45	17	8	16	4	71.4	54.9	7.5	21.1	6.9
35-54 years-----	1,436	48	18	6	20	4	69.8	53.6	3.2	22.4	6.4
55-64 years-----	514	45	16	5	19	4	72.4	56.8	8.2	21.8	7.8
65-74 years-----	282	46	17	4	22	2	70.9	57.1	5.7	21.3	5.7
75 years and over-----	154	37	18	3	14	2	74.0	61.7	5.8	22.1	4.5
Female:											
9-11 years-----	412	49	14	6	20	9	74.3	43.2	11.7	29.1	19.2
12-14 years-----	415	54	13	7	23	12	67.7	40.7	10.1	29.9	20.5
15-17 years-----	354	44	10	5	24	5	62.4	35.0	6.5	28.0	12.1
18-19 years-----	143	41	9	7	20	5	65.7	42.7	10.5	24.5	8.4
20-34 years-----	1,250	33	11	4	14	4	62.2	46.4	5.9	17.9	7.4
35-54 years-----	1,696	32	9	3	16	4	60.3	43.0	5.4	21.1	8.0
55-64 years-----	608	36	8	3	23	2	62.8	38.8	5.9	26.3	6.3
65-74 years-----	391	33	9	2	20	3	60.6	40.9	5.6	26.3	6.4
75 years and over-----	227	30	10	4	13	2	67.8	51.1	7.5	22.0	4.0

See footnotes at end of tables.

\*Less than 0.05 grams.

Table 9f.--Sugars, sweets: Quantity per person in one day and percent eating

Sex-age group (1)	Number of persons (2)	Quantity per person					Percent of persons eating				
		Total (3)	Sugar 28/ (4)	Sirup, honey, molasses 29/ (5)	Jelly, jam 30/ (6)	Candy (7)	Total (8)	Sugar (9)	Sirup, honey, molasses (10)	Jelly, jam (11)	Candy (12)
		<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>
Male and female:											
Under 1 year 1/-----	138	14	2	9	2	2	33.3	13.0	16.7	2.2	3.6
1-2 years-----	258	29	9	6	10	5	62.8	34.9	10.1	23.6	13.2
3-5 years-----	460	44	15	10	12	6	73.3	45.9	14.1	26.5	15.0
6-8 years-----	438	48	16	9	16	7	75.3	45.7	13.7	30.4	18.0
Male:											
9-11 years-----	223	56	16	13	20	8	76.7	45.7	16.6	31.4	17.0
12-14 years-----	215	58	17	17	20	5	71.2	45.6	16.3	22.8	12.1
15-17 years-----	200	53	13	16	18	6	67.5	38.5	12.0	26.0	11.5
18-19 years-----	76	51	16	10	16	8	64.5	47.4	10.5	21.1	11.8
20-34 years-----	448	43	16	5	16	6	77.2	61.2	6.7	28.6	11.2
35-54 years-----	614	42	17	6	16	2	74.6	56.7	9.1	28.0	4.2
55-64 years-----	228	51	19	10	19	3	73.7	59.6	12.3	28.1	7.0
65-74 years-----	178	47	15	8	22	2	70.2	53.9	15.7	23.0	4.5
75 years and over-----	65	33	13	10	10	*	75.4	58.5	13.8	18.5	1.5
Female:											
9-11 years-----	187	46	13	6	21	6	67.9	41.2	9.6	29.4	12.8
12-14 years-----	211	45	12	10	13	9	68.2	44.5	12.3	22.3	16.1
15-17 years-----	184	36	11	8	8	8	59.8	39.1	9.8	15.8	15.8
18-19 years-----	89	36	13	5	12	6	66.3	43.8	9.0	22.5	14.6
20-34 years-----	596	39	17	5	13	4	71.5	57.4	9.1	22.1	7.7
35-54 years-----	796	31	13	3	14	2	65.6	51.5	5.0	26.1	4.5
55-64 years-----	308	28	11	4	10	3	63.6	42.2	5.8	27.3	7.8
65-74 years-----	233	27	9	2	14	2	63.9	45.9	5.6	24.9	5.2
75 years and over-----	113	34	12	3	19	1	64.6	54.0	5.3	20.4	3.5

See footnotes at end of tables.

\*Less than 0.05 grams.



Table 10a.--Beverages other than milk and fruit juices: Quantity per person in one day and percent eating

Sex-age group	Number of persons	Quantity per person						Percent of persons eating					
		Total	Tea, coffee, soft drinks				Alcoholic drinks	Total	Tea, coffee, soft drinks				Alcoholic drinks
			Total	Tea	Coffee	Soft drinks 31/ 32/			Total	Tea	Coffee	Soft drinks	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
		G.	G.	G.	G.	G.	G.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.
Male and female:													
Under 1 year 1/-----	408	6	6	2	*	4	0	4.4	4.4	1.5	0.2	2.7	0.0
1-2 years-----	810	88	88	18	2	68	*	36.0	36.0	8.6	1.6	29.4	.1
3-5 years-----	1,405	149	149	33	5	111	0	45.6	45.6	12.3	2.8	36.0	.0
6-8 years-----	1,412	185	184	36	4	144	*	47.2	47.1	12.0	2.7	38.5	.2
Male:													
9-11 years-----	665	216	216	45	6	165	0	49.5	49.5	13.2	3.6	40.0	.0
12-14 years-----	627	310	309	63	18	229	*	59.0	58.9	15.5	8.0	48.0	.3
15-17 years-----	562	435	435	91	59	285	0	68.9	68.9	19.0	19.6	51.6	.0
18-19 years-----	251	538	521	82	125	314	18	76.9	76.5	20.3	35.5	56.6	3.2
20-34 years-----	1,406	935	799	148	422	229	136	94.7	93.5	27.0	74.8	45.0	19.3
35-54 years-----	2,050	949	846	122	609	115	102	94.7	94.3	26.6	86.9	25.7	17.8
55-64 years-----	742	823	733	100	558	75	91	97.0	96.8	25.1	90.8	18.3	16.2
65-74 years-----	460	685	651	90	515	46	35	94.1	93.7	24.3	88.9	12.2	7.6
75 years and over-----	219	572	551	74	439	38	21	94.1	93.6	21.5	85.8	11.9	6.8
Female:													
9-11 years-----	599	217	217	43	7	167	0	53.1	53.1	13.5	3.8	41.9	.0
12-14 years-----	626	270	270	64	18	187	0	58.0	58.0	16.6	8.8	44.7	.0
15-17 years-----	538	381	381	76	65	240	*	69.9	69.9	18.4	23.0	51.5	.2
18-19 years-----	232	476	472	115	111	246	4	81.0	80.6	29.3	34.9	52.6	1.3
20-34 years-----	1,846	739	710	119	400	191	29	92.5	92.1	30.4	70.2	42.9	6.7
35-54 years-----	2,492	808	777	122	555	99	32	96.5	96.1	29.1	87.9	26.4	8.7
55-64 years-----	916	711	696	109	522	65	15	95.0	94.5	31.4	89.7	19.2	4.8
65-74 years-----	624	580	572	115	416	41	8	95.0	94.9	30.3	87.0	13.8	2.2
75 years and over-----	340	501	498	119	352	27	3	93.2	93.2	32.6	83.5	7.9	1.2

See footnotes at end of tables.

\*Less than 0.05 grams.

Table 10b.--Beverages other than milk and fruit juices: Quantity per person in one day and percent eating

Sex-age group (1)	Number of persons (2)	Quantity per person						Percent of persons eating					
		Total (3)	Tea, coffee, soft drinks				Alcoholic drinks 32/ (8)	Total (9)	Tea, coffee, soft drinks				Alcoholic drinks (14)
			Total (4)	Tea (5)	Coffee (6)	Soft drinks 31/ (7)			Total (10)	Tea (11)	Coffee (12)	Soft drinks (13)	
		G.	G.	G.	G.	G.	G.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.
Male and female:													
Under 1 year 1/-----	58	4	4	1	1	3	0	5.2	5.2	1.7	1.7	1.7	0.0
1-2 years-----	96	100	100	12	2	86	0	40.6	40.6	8.3	2.1	37.5	.0
3-5 years-----	179	158	158	26	9	123	0	48.6	48.6	10.1	6.1	38.5	.0
6-8 years-----	198	195	195	39	4	152	0	47.0	47.0	10.6	3.0	37.9	.0
Male:													
9-11 years-----	88	156	156	33	7	116	0	42.0	42.0	10.2	3.4	33.0	.0
12-14 years-----	89	279	279	23	26	230	0	52.8	52.8	7.9	11.2	43.8	.0
15-17 years-----	85	467	467	86	87	295	0	77.6	77.6	16.5	28.2	54.1	.0
18-19 years-----	36	529	529	58	223	248	0	80.6	80.6	16.7	41.7	50.0	.0
20-34 years-----	122	721	685	99	327	260	35	90.2	90.2	19.7	72.1	47.5	4.9
35-54 years-----	160	769	765	57	502	205	5	92.5	92.5	11.3	82.5	32.5	1.3
55-64 years-----	140	773	706	98	524	84	68	95.7	95.7	21.4	92.9	21.4	7.1
65-74 years-----	183	638	617	91	495	32	21	90.2	89.6	21.3	84.7	9.8	4.4
75 years and over-----	108	515	494	74	381	38	21	94.4	93.5	20.4	83.3	10.2	6.5
Female:													
9-11 years-----	74	211	211	44	27	140	0	54.1	54.1	12.2	12.2	40.5	.0
12-14 years-----	83	251	251	50	40	161	0	60.2	60.2	14.5	19.3	41.0	.0
15-17 years-----	88	367	367	61	76	229	0	68.2	68.2	14.8	31.8	50.0	.0
18-19 years-----	29	500	476	96	133	247	25	79.3	75.9	20.7	44.8	51.7	3.4
20-34 years-----	212	621	615	112	276	227	6	90.6	90.6	28.3	58.5	47.2	1.9
35-54 years-----	316	681	667	103	440	124	14	94.3	94.3	21.5	85.4	29.7	5.7
55-64 years-----	268	661	659	94	483	82	2	93.3	93.3	26.9	89.6	21.6	.7
65-74 years-----	304	567	561	110	399	53	6	94.1	93.8	27.0	85.2	16.1	1.3
75 years and over-----	190	479	479	119	337	24	0	93.2	93.2	33.2	81.6	7.4	.0

See footnotes at end of tables.

Table 10c.--Beverages other than milk and fruit juices: Quantity per person in one day and percent eating

Sex-age group	Number of persons	Quantity per person						Percent of persons eating					
		Total	Tea, coffee, soft drinks				Alcoholic drinks 31/ 32/	Total	Tea, coffee, soft drinks				Alcoholic drinks
			Total	Tea	Coffee	Soft drinks			Total	Tea	Coffee	Soft drinks	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
		G.	G.	G.	G.	G.	G.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.
Male and female:													
Under 1 year 1/-----	113	14	14	4	0	10	0	8.8	8.8	2.7	0.0	6.2	0.0
1-2 years-----	202	119	119	33	2	83	0	46.5	46.5	12.9	3.0	35.6	.0
3-5 years-----	318	170	170	54	3	112	0	50.9	50.9	17.6	2.2	38.1	.0
6-8 years-----	263	196	196	44	13	139	0	52.9	52.9	16.7	5.7	38.0	.0
Male:													
9-11 years-----	116	252	252	49	6	197	0	55.2	55.2	13.8	3.4	44.8	.0
12-14 years-----	117	266	266	79	18	169	0	59.0	59.0	23.9	8.5	41.0	.0
15-17 years-----	112	456	456	85	93	277	0	65.2	65.2	18.8	28.6	48.2	.0
18-19 years-----	45	643	643	148	118	377	0	75.6	75.6	33.3	33.3	57.8	.0
20-34 years-----	260	928	833	147	434	252	95	96.9	96.9	23.8	80.8	50.8	11.5
35-54 years-----	334	869	821	111	570	146	42	94.0	94.0	25.7	83.2	30.5	7.8
55-64 years-----	136	766	689	148	462	80	78	95.6	95.6	29.4	89.7	20.6	7.4
65-74 years-----	105	744	691	75	553	63	53	98.1	97.1	23.8	95.2	14.3	7.6
75 years and over-----	42	581	571	62	457	51	10	92.9	92.9	16.7	88.1	19.0	7.1
Female:													
9-11 years-----	95	207	207	42	12	152	0	55.8	55.8	12.6	6.3	40.0	.0
12-14 years-----	100	312	312	78	17	217	0	67.0	67.0	23.0	10.0	52.0	.0
15-17 years-----	81	400	400	88	67	246	0	79.0	79.0	25.9	27.2	60.5	.0
18-19 years-----	54	480	480	111	127	242	0	83.3	83.3	29.6	38.9	50.0	.0
20-34 years-----	404	671	668	111	354	203	3	93.1	93.1	26.2	65.8	44.6	2.0
35-54 years-----	434	695	684	93	488	103	11	96.3	95.4	26.3	88.0	27.6	3.7
55-64 years-----	168	727	715	116	528	70	12	95.2	94.0	29.8	89.3	20.2	2.4
65-74 years-----	124	616	605	119	441	45	11	98.4	98.4	34.7	91.1	16.1	2.4
75 years and over-----	56	554	553	108	373	72	1	92.9	92.9	28.6	87.5	16.1	1.8

See footnotes at end of tables.

Table 104.--Beverages other than milk and fruit juices: Quantity per person in one day and percent eating

Sex-age group (1)	Number of persons (2)	Quantity per person						Percent of persons eating					
		Total (3)	Tea, coffee, soft drinks				Alcoholic drinks 32/ (8)	Total (9)	Tea, coffee, soft drinks				Alcoholic drinks (14)
			Total (4)	Tea (5)	Coffee (6)	Soft drinks 31/ (7)			Total (10)	Tea (11)	Coffee (12)	Soft drinks (13)	
			G.	G.	G.	G.	G.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.
Male and female:													
Under 1 year 1/-----	231	3	3	2	0	1	0	2.2	2.2	0.9	0.0	1.3	0.0
1-2 years-----	499	75	75	14	2	59	*	31.3	31.3	7.0	1.0	25.7	.2
3-5 years-----	885	141	141	27	4	109	0	43.5	43.5	11.2	2.3	35.0	.0
6-8 years-----	920	181	181	34	2	145	1	46.2	46.0	11.1	1.8	39.2	.3
Male:													
9-11 years-----	443	220	220	46	7	167	0	49.0	49.0	13.5	3.8	40.0	.0
12-14 years-----	404	322	321	66	14	241	1	59.9	59.7	14.4	6.7	51.2	.5
15-17 years-----	348	425	425	95	39	290	0	68.4	68.4	19.8	14.1	53.2	.0
18-19 years-----	161	520	492	74	104	314	28	76.4	75.8	18.6	33.5	57.8	5.0
20-34 years-----	948	960	805	149	438	218	155	95.1	93.2	28.5	74.5	43.5	22.8
35-54 years-----	1,478	990	863	131	630	103	126	95.3	94.9	28.3	88.4	24.6	21.8
55-64 years-----	432	858	756	84	604	68	102	97.7	97.2	24.5	90.3	15.7	21.8
65-74 years-----	143	716	673	101	521	51	43	95.8	95.8	28.7	89.5	13.3	12.6
75 years and over-----	61	636	605	80	493	33	31	93.4	93.4	26.2	86.9	11.5	8.2
Female:													
9-11 years-----	413	223	223	44	3	177	0	52.3	52.3	13.8	1.9	42.6	0.0
12-14 years-----	430	264	264	65	15	184	0	55.6	55.6	15.8	6.7	43.5	0.0
15-17 years-----	351	373	373	75	57	241	*	67.5	67.5	17.1	18.8	50.1	0.3
18-19 years-----	138	465	463	122	93	248	2	81.2	81.2	31.9	31.9	55.1	0.7
20-34 years-----	1,154	780	746	125	440	181	34	93.1	92.4	32.4	74.0	41.2	8.0
35-54 years-----	1,652	867	827	134	598	95	40	96.7	96.4	31.2	87.9	25.9	10.4
55-64 years-----	418	728	703	112	536	55	25	96.2	95.7	33.5	90.0	18.2	7.7
65-74 years-----	142	610	598	131	441	25	12	95.1	95.1	33.8	85.9	10.6	4.9
75 years and over-----	70	521	509	145	360	4	12	92.9	92.9	37.1	82.9	2.9	4.3

See footnotes at end of tables.

\*Less than 0.05 grams.



Table 10a--Beverages other than milk and fruit juices: Quantity per person in one day and percent eating

Sex-age group (1)	Number of persons (2)	Quantity per person						Percent of persons eating					
		Total (3)	Tea, coffee, soft drinks				Alcoholic drinks 32/ (8)	Total (9)	Tea, coffee, soft drinks				Alcoholic drinks (14)
			Total (4)	Tea (5)	Coffee (6)	Soft drinks 31/ (7)			Total (10)	Tea (11)	Coffee (12)	Soft drinks (13)	
			G.	G.	G.	G.	G.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.
Male and female:													
Under 1 year 1/-----	270	5	5	1	0	3	0	3.0	3.0	0.7	0.0	2.2	0.0
1-2 years-----	552	72	72	8	2	61	*	30.8	30.8	4.5	1.8	26.6	.2
3-5 years-----	945	124	124	18	3	102	0	40.1	40.1	7.6	1.7	33.2	.0
6-8 years-----	974	154	154	22	4	128	*	42.1	41.9	7.6	2.1	35.5	.2
Male:													
9-11 years-----	442	186	186	25	5	156	0	45.7	45.7	7.7	2.9	39.1	.0
12-14 years-----	412	263	262	30	17	215	*	54.9	54.6	8.0	6.8	46.1	.2
15-17 years-----	362	384	384	57	61	266	0	64.9	64.9	13.5	18.2	48.3	.0
18-19 years-----	175	465	442	36	120	285	23	71.4	70.9	11.4	33.7	54.9	4.0
20-34 years-----	958	914	739	89	451	199	175	93.5	92.1	17.7	74.7	39.7	24.4
35-54 years-----	1,436	975	850	89	670	91	125	94.4	93.9	20.2	87.6	20.6	22.3
55-64 years-----	514	864	753	74	616	63	111	97.7	97.7	20.2	92.2	14.0	18.3
65-74 years-----	282	728	691	70	595	25	37	96.5	96.1	23.4	91.5	7.8	7.4
75 years and over-----	154	579	556	62	467	26	24	94.8	94.2	18.8	86.4	9.1	7.8
Female:													
9-11 years-----	412	185	185	24	4	157	0	49.0	49.0	9.7	2.7	40.5	.0
12-14 years-----	415	226	226	35	16	175	0	51.3	51.3	9.6	7.2	42.2	.0
15-17 years-----	354	344	344	45	69	230	*	66.1	66.1	11.3	21.2	50.0	.3
18-19 years-----	143	425	425	69	119	237	*	74.1	74.1	19.6	34.3	49.0	.7
20-34 years-----	1,250	720	688	84	437	167	31	91.5	91.0	22.7	71.2	38.1	7.5
35-54 years-----	1,696	827	786	100	596	90	40	96.6	96.0	24.3	87.4	24.1	11.0
55-64 years-----	608	744	732	82	607	43	13	95.1	94.7	26.3	91.1	12.8	5.3
65-74 years-----	391	611	606	107	470	29	5	95.9	95.9	28.6	89.0	10.2	2.0
75 years and over-----	227	518	514	111	388	15	4	95.2	95.2	31.7	85.0	4.8	1.8

See footnotes at end of tables.

\*Less than 0.05 grams.

Table 10f.--Beverages other than milk and fruit juices: Quantity per person in one day and percent eating

Sex-age group (1)	Number of persons (2)	Quantity per person						Percent of persons eating					
		Total (3)	Tea, coffee, soft drinks				Alcoholic drinks 31/ 32/ (8)	Total (9)	Tea, coffee, soft drinks				Alcoholic drinks (14)
			Total (4)	Tea (5)	Coffee (6)	Soft drinks 31/ (7)			Total (10)	Tea (11)	Coffee (12)	Soft drinks (13)	
			G.	G.	G.	G.	G.		Pct.	Pct.	Pct.	Pct.	Pct.
Male and female:													
Under 1 year 1/-----	138	10	10	4	*	5	0	7.2	7.2	2.9	0.7	3.6	0.0
1-2 years-----	258	123	123	40	1	82	0	47.3	47.3	17.4	1.2	35.3	.0
3-5 years-----	460	200	200	62	7	131	0	57.0	57.0	22.0	5.0	41.7	.0
6-8 years-----	438	254	253	66	6	180	1	58.7	58.7	21.7	4.1	45.2	.2
Male:													
9-11 years-----	223	276	276	83	9	184	0	57.0	57.0	24.2	4.9	41.7	.0
12-14 years-----	215	400	400	126	19	254	*	67.0	67.0	29.8	10.2	51.6	.5
15-17 years-----	200	526	526	151	55	320	0	76.0	76.0	29.0	22.0	57.5	.0
18-19 years-----	76	708	703	187	136	379	5	89.5	89.5	40.8	39.5	60.5	1.3
20-34 years-----	448	980	927	275	359	292	53	97.3	96.4	46.9	75.0	56.3	8.5
35-54 years-----	614	888	839	200	466	173	48	95.4	95.4	41.7	85.3	37.5	7.2
55-64 years-----	228	731	687	159	427	101	44	95.6	94.7	36.0	87.7	28.1	11.4
65-74 years-----	178	618	587	121	388	78	31	90.4	89.9	25.8	84.8	19.1	7.9
75 years and over-----	65	555	541	103	372	66	15	92.3	92.3	27.7	84.6	18.5	4.6
Female:													
9-11 years-----	187	289	289	85	15	189	0	62.0	62.0	21.9	6.4	44.9	.0
12-14 years-----	211	355	355	120	23	212	0	71.1	71.1	30.3	11.8	49.8	.0
15-17 years-----	184	452	452	135	57	260	0	77.2	77.2	32.1	26.6	54.3	.0
18-19 years-----	89	559	548	190	98	261	11	92.1	91.0	44.9	36.0	58.4	2.2
20-34 years-----	596	779	755	194	321	240	25	94.6	94.3	46.6	68.1	53.0	5.0
35-54 years-----	796	770	756	170	469	117	13	96.2	96.2	39.2	88.9	31.4	3.8
55-64 years-----	308	645	627	162	355	109	18	94.8	94.2	41.6	87.0	31.8	3.9
65-74 years-----	233	528	515	129	324	62	13	93.6	93.1	33.0	83.7	19.7	2.6
75 years and over-----	113	467	467	137	279	51	0	89.4	89.4	34.5	80.5	14.2	.0

See footnotes at end of tables.

\*Less than 0.05 grams.

Table 11.--Food Energy from food eaten in one day: Contribution of 12 food groups

Sex-age group	Number of persons	Milk, milk products	Meat, poultry, fish	Eggs	Legumes, nuts	Grain products	Tomatoes, citrus fruit	Dark green, deep yellow vegetables	Potatoes, white	Other vegetables, fruit	Fats, oils	Sugar, sweets	Beverages other than milk and fruit juices
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
		<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>
Male and female:													
Under 1 year 1/-----	408	61.6	7.0	2.7	2.0	8.8	1.0	0.8	0.6	12.2	0.6	2.5	0.2
1-2 years-----	810	31.7	16.9	3.7	2.9	21.9	1.8	.4	3.4	6.5	3.6	5.3	2.0
3-5 years-----	1,405	24.1	19.2	2.5	4.5	25.6	1.7	.4	3.5	4.9	4.6	6.4	2.7
6-8 years-----	1,412	22.1	20.0	2.2	4.6	26.0	1.6	.4	3.8	4.8	5.1	6.4	3.0
Male:													
9-11 years-----	665	20.2	20.7	2.2	4.6	26.5	1.6	.4	4.0	4.9	5.5	6.5	2.9
12-14 years-----	627	19.3	21.9	2.3	4.3	27.2	1.4	.5	3.7	4.2	5.7	5.8	3.6
15-17 years-----	562	17.8	23.5	2.8	3.6	26.7	1.4	.4	4.4	4.2	5.8	5.5	3.9
18-19 years-----	251	16.9	25.7	2.7	2.9	26.9	1.3	.2	4.7	3.8	6.1	4.3	4.5
20-34 years-----	1,406	10.7	31.2	3.7	2.6	24.3	1.4	.4	4.7	4.1	6.7	4.5	5.8
35-54 years-----	2,050	10.3	31.0	3.8	2.1	26.2	1.5	.4	4.0	4.8	6.9	4.9	4.0
55-64 years-----	742	9.7	31.7	4.2	1.6	25.9	1.4	.6	4.4	5.2	6.5	5.2	3.6
65-74 years-----	460	11.9	27.7	5.0	1.4	26.8	1.4	.7	4.2	6.2	6.7	5.7	2.3
75 years and over----	219	12.0	28.0	4.1	0.8	27.8	1.5	.8	3.9	6.6	6.9	5.8	1.8
Female:													
9-11 years-----	599	21.4	19.4	2.5	3.8	27.7	1.7	.5	3.4	5.2	5.1	6.0	3.4
12-14 years-----	626	19.4	22.4	2.2	3.0	26.8	1.7	.4	3.7	5.4	5.2	6.4	3.6
15-17 years-----	538	17.3	25.5	2.6	3.2	25.5	1.7	.5	3.8	5.1	4.8	5.3	4.9
18-19 years-----	232	15.0	26.7	2.6	2.5	25.6	1.7	.5	4.4	5.0	5.5	5.2	5.4
20-34 years-----	1,846	11.9	28.9	2.9	2.2	25.8	1.8	.6	4.3	4.8	6.2	5.3	5.2
35-54 years-----	2,492	11.6	30.0	3.7	1.5	25.8	2.1	.7	4.0	5.8	6.2	4.9	3.8
55-64 years-----	916	11.4	30.2	3.9	2.0	25.6	2.0	.7	3.5	7.1	6.5	4.7	2.4
65-74 years-----	624	12.7	28.0	3.8	1.1	27.6	2.1	.8	3.8	7.5	6.3	4.6	1.8
75 years and over----	340	13.4	25.3	3.5	1.4	28.2	1.8	1.1	4.1	7.5	6.9	5.4	1.2

See footnotes at end of tables.

Table 12.--Protein from food eaten in one day: Contribution of 12 food groups

Sex-age group	Number of persons	Milk, milk products	Meat, poultry, fish	Eggs	Legumes, nuts	Grain products	Tomatoes, citrus fruit	Dark green, deep yellow vegetables	Potatoes, white	Other vegetables, fruit	Fats, oils	Sugar, sweets	Beverages other than milk and fruit juices
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
		Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.
Male and female:													
Under 1 year 1/-----	408	70.2	12.6	3.7	1.7	6.2	0.4	0.4	0.3	4.1	0.1	0.2	*
1-2 years-----	810	40.7	29.9	6.0	3.3	13.6	.8	.3	1.6	2.7	.4	.6	*
3-5 years-----	1,405	31.1	36.4	4.4	5.4	16.4	.7	.3	1.7	2.2	.5	.8	*
6-8 years-----	1,412	28.6	38.7	3.8	5.7	16.9	.8	.3	1.9	2.2	.5	.8	*
Male:													
9-11 years-----	665	26.4	40.1	3.8	5.6	17.5	.8	.3	2.0	2.2	.5	.7	*
12-14 years-----	627	24.8	41.2	3.9	5.5	18.4	.7	.3	1.8	2.1	.6	.7	*
15-17 years-----	562	22.2	44.2	4.7	4.6	17.6	.6	.3	2.2	2.3	.6	.7	*
18-19 years-----	251	20.5	48.1	4.3	3.5	17.1	.7	.2	2.2	2.1	.7	.5	*
20-34 years-----	1,406	12.5	56.5	6.0	3.1	15.2	.7	.3	2.2	2.3	.6	.4	0.3
35-54 years-----	2,050	11.9	56.1	6.2	2.6	16.2	.7	.3	1.9	2.7	.6	.4	.3
55-64 years-----	742	11.7	56.4	6.8	2.1	15.9	.7	.5	2.1	2.6	.6	.4	.3
65-74 years-----	460	14.9	50.3	8.4	1.8	16.9	.7	.6	2.2	3.3	.6	.4	.1
75 years and over----	219	14.9	51.6	7.3	1.1	17.7	.7	.4	2.0	3.4	.6	.2	.1
Female:													
9-11 years-----	599	27.5	38.7	4.1	4.7	18.3	.8	.3	1.7	2.6	.4	.8	*
12-14 years-----	626	24.9	42.6	3.6	3.7	18.1	.8	.3	1.9	2.5	.5	1.0	*
15-17 years-----	538	21.5	47.5	4.1	4.0	16.3	.8	.4	1.8	2.5	.5	.6	*
18-19 years-----	232	17.8	50.9	4.3	3.2	16.6	.8	.4	2.0	2.8	.5	.7	*
20-34 years-----	1,846	14.5	53.9	4.7	2.7	17.1	.9	.4	2.1	2.6	.5	.5	.2
35-54 years-----	2,492	13.6	55.5	5.8	1.9	15.6	1.0	.5	1.9	3.0	.5	.6	.1
55-64 years-----	916	14.0	54.5	6.1	2.3	15.4	1.0	.5	1.7	3.5	.5	.5	.1
65-74 years-----	624	15.4	52.0	6.4	1.4	16.7	1.0	.5	2.0	3.6	.5	.5	*
75 years and over----	340	16.5	50.0	5.9	1.7	17.8	.9	.5	2.1	3.6	.5	.4	*

See footnotes at end of tables.

\*Less than 0.05 percent.



Table 13.--Fat from food eaten in one day: Contribution of 12 food groups

Sex-age group	Number of persons	Milk, milk products	Meat, poultry, fish	Eggs	Legumes, nuts	Grain products	Tomatoes, citrus fruit	Dark green, deep yellow vegetables	Potatoes, white	Other vegetables, fruit	Fats, oils	Sugar, sweets	Beverages other than milk and fruit juices
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
		<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>
Male and female:													
Under 1 year 1/-----	408	73.2	9.9	4.8	2.7	3.9	0.1	0.5	0.5	2.7	1.6	0.1	*
1-2 years-----	810	36.0	26.0	6.0	3.9	12.3	.3	.3	3.5	1.8	8.6	1.3	0.0
3-5 years-----	1,405	27.2	29.7	4.2	6.2	14.5	.3	.4	3.5	1.7	10.8	1.6	.0
6-8 years-----	1,412	25.1	30.3	3.6	6.1	14.6	.3	.5	3.9	2.0	12.0	1.7	.0
Male:													
9-11 years-----	665	22.6	31.6	3.8	6.5	14.9	.2	.5	4.0	1.9	12.7	1.5	*
12-14 years-----	627	21.4	32.9	3.7	5.4	15.8	.2	.6	3.8	1.9	13.2	1.1	*
15-17 years-----	562	19.5	34.8	4.4	4.3	15.4	.2	.4	4.4	2.1	12.9	1.5	*
18-19 years-----	251	18.1	37.1	4.4	3.7	15.4	.3	.2	4.8	1.7	13.4	.9	.0
20-34 years-----	1,406	11.6	44.2	5.8	2.4	13.5	.3	.3	4.5	2.4	14.4	.7	*
35-54 years-----	2,050	11.5	44.0	5.8	1.9	14.4	.3	.4	3.6	2.7	14.9	.6	*
55-64 years-----	742	10.9	45.8	6.4	1.3	13.7	.2	.6	4.1	2.5	14.0	.6	*
65-74 years-----	460	13.2	41.0	7.8	1.1	14.7	.2	.6	3.7	2.6	14.9	.3	*
75 years and over----	219	13.1	41.5	6.5	.6	15.4	.2	.7	3.4	2.8	15.6	.3	*
Female:													
9-11 years-----	599	24.6	29.2	4.2	4.9	16.7	.4	.5	3.5	2.5	12.0	1.6	*
12-14 years-----	626	21.8	34.2	3.6	3.6	16.1	.2	.3	3.8	2.3	12.0	2.1	*
15-17 years-----	538	19.1	38.2	4.3	3.8	15.4	.3	.5	3.9	2.4	11.0	1.2	.0
18-19 years-----	232	16.5	39.6	4.2	2.0	15.4	.3	.4	4.6	2.9	12.7	1.3	*
20-34 years-----	1,846	13.2	42.3	4.6	1.8	15.0	.5	.6	4.3	2.9	14.1	.7	*
35-54 years-----	2,492	12.8	42.8	5.8	1.3	14.6	.3	.6	3.8	3.3	13.8	1.0	*
55-64 years-----	916	12.2	43.6	6.0	1.9	14.1	.2	.6	3.0	3.7	14.1	.6	*
65-74 years-----	624	14.0	40.9	5.9	1.0	15.3	.3	.9	3.3	3.5	14.3	.5	*
75 years and over----	340	15.5	37.2	5.6	1.5	15.4	.2	1.2	3.6	3.1	16.2	.4	*

See footnotes at end of tables.

\*Less than 0.05 percent.

Table 14.--Carbohydrate from food eaten in one day: Contribution of 12 food groups

Sex-age group	Number of persons	Milk, milk products	Meat, poultry, fish	Eggs	Legumes, nuts	Grain products	Tomatoes, citrus fruit	Dark green, deep yellow vegetables	Potatoes, white	Other vegetables, fruit	Fats, oils	Sugar, sweets	Beverages other than milk and fruit juices
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
		Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.
Male and female:													
Under 1 year 1/-----	408	46.1	2.3	0.5	1.7	14.2	2.2	1.3	0.8	24.7	*	5.8	0.4
1-2 years-----	810	23.8	2.4	.3	2.0	33.6	3.8	.5	4.1	13.2	0.2	11.4	4.7
3-5 years-----	1,405	18.4	2.1	.1	3.0	38.6	3.4	.5	4.2	9.5	.3	13.6	6.2
6-8 years-----	1,412	16.9	2.5	.1	3.3	39.1	3.2	.5	4.5	9.1	.3	13.5	6.9
Male:													
9-11 years-----	665	15.7	2.5	.1	3.0	39.8	3.4	.5	4.7	9.5	.4	13.8	6.7
12-14 years-----	627	15.3	2.8	.1	3.3	40.9	3.1	.6	4.5	7.9	.4	12.7	8.4
15-17 years-----	562	14.4	3.0	.2	3.0	41.1	3.1	.4	5.3	7.8	.5	11.8	9.4
18-19 years-----	251	14.3	3.4	.2	2.1	42.7	2.7	.3	5.8	7.3	.6	9.9	10.6
20-34 years-----	1,406	9.4	3.9	.2	2.9	42.1	3.4	.6	6.6	8.0	.7	11.5	10.5
35-54 years-----	2,050	8.7	3.6	.2	2.5	45.6	3.7	.6	5.8	9.5	.7	12.8	6.3
55-64 years-----	742	8.0	3.3	.3	2.0	46.0	3.4	.9	6.2	10.8	.6	13.5	4.9
65-74 years-----	460	9.7	2.6	.3	1.6	45.1	3.3	1.0	5.9	12.6	.5	14.5	2.9
75 years and over----	219	9.9	3.2	.2	.9	45.2	3.3	1.2	5.4	13.1	.6	14.4	2.5
Female:													
9-11 years-----	599	16.2	2.5	.2	2.8	40.3	3.5	.5	3.9	9.4	.4	12.5	7.8
12-14 years-----	626	15.0	2.6	.1	2.4	39.6	3.6	.5	4.4	10.1	.4	13.0	8.3
15-17 years-----	538	13.9	3.3	.1	2.7	38.4	3.6	.6	4.6	9.4	.4	11.5	11.5
18-19 years-----	232	12.4	3.4	.1	2.9	38.6	3.7	.7	5.2	8.7	.5	11.4	12.4
20-34 years-----	1,846	9.7	3.5	.2	2.6	41.1	4.0	.7	5.6	8.6	.6	12.6	10.8
35-54 years-----	2,492	9.8	3.6	.3	1.9	43.1	4.9	.9	5.3	11.1	.7	11.8	6.6
55-64 years-----	916	9.6	3.0	.3	2.1	43.4	4.9	1.0	5.0	13.9	.7	11.8	4.3
65-74 years-----	624	10.4	3.3	.2	1.2	45.3	4.7	.9	5.3	14.4	.5	10.9	2.9
75 years and over----	340	10.2	2.7	.2	1.3	44.8	3.9	1.4	5.6	14.7	.4	12.8	2.0

See footnotes at end of tables.

\*Less than 0.05 percent.

Table 15.--Calcium from food eaten in one day: Contribution of 12 food groups

Sex-age group	Number of persons	Milk, milk products	Meat, poultry, fish	Eggs	Legumes, nuts	Grain products	Tomatoes, citrus fruit	Dark green, deep yellow vegetables	Potatoes, white	Other vegetables, fruit	Fats, oils	Sugar, sweets	Beverages other than milk and fruit juices
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
		<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>
Male and female:													
Under 1 year <u>1</u> /-----	408	90.1	0.9	0.9	1.4	4.1	0.2	0.5	0.1	1.5	*	0.3	*
1-2 years-----	810	82.0	1.7	2.0	1.0	8.4	.8	.6	.7	1.7	0.2	1.0	*
3-5 years-----	1,405	75.8	2.2	1.7	1.7	12.1	1.0	.7	.9	2.0	.3	1.6	*
6-8 years-----	1,412	73.2	2.6	1.5	1.9	13.5	1.1	.8	1.1	2.2	.4	1.7	*
Male:													
9-11 years-----	665	70.8	2.9	1.6	1.9	15.0	1.2	.7	1.2	2.5	.5	1.8	*
12-14 years-----	627	68.5	3.5	1.7	2.0	16.7	1.0	1.0	1.1	2.5	.5	1.5	*
15-17 years-----	562	66.5	3.7	2.3	2.0	17.2	.9	.8	1.4	2.9	.5	1.8	0.1
18-19 years-----	251	65.5	4.8	2.2	1.5	18.1	1.1	.7	1.5	2.3	.5	1.5	.3
20-34 years-----	1,406	52.8	7.3	4.0	2.4	21.1	1.3	1.1	2.0	3.9	1.0	1.4	1.7
35-54 years-----	2,050	50.2	6.9	4.1	2.0	22.7	1.7	1.4	1.8	4.7	.8	1.3	2.3
55-64 years-----	742	49.2	6.7	4.4	1.6	23.0	1.7	1.7	2.0	5.2	1.0	1.3	2.3
65-74 years-----	460	53.6	5.7	5.0	1.1	20.1	1.5	2.2	1.9	5.3	.8	.9	1.8
75 years and over----	219	55.3	5.4	4.1	.7	20.5	1.6	1.7	1.6	5.3	1.1	1.0	1.7
Female:													
9-11 years-----	599	71.5	2.8	1.7	1.7	14.6	1.2	.9	1.0	2.7	.4	1.6	*
12-14 years-----	626	68.9	3.2	1.6	1.5	15.8	1.2	.9	1.1	3.0	.5	2.2	*
15-17 years-----	538	66.3	4.3	2.0	1.8	16.8	1.2	1.4	1.1	3.1	.4	1.4	.2
18-19 years-----	232	61.5	5.4	2.3	2.2	18.0	1.3	1.4	1.4	3.8	.5	1.8	.4
20-34 years-----	1,846	54.3	6.0	2.9	2.0	21.9	1.7	1.7	1.8	4.1	.6	1.2	1.7
35-54 years-----	2,492	51.0	6.9	3.8	1.4	20.8	2.0	2.2	1.6	5.6	.8	1.4	2.5
55-64 years-----	916	51.2	7.0	3.8	1.8	19.8	2.4	1.8	1.5	6.5	.7	1.3	2.3
65-74 years-----	624	53.4	5.8	3.7	.9	20.7	2.2	2.0	1.6	6.4	.7	.8	1.8
75 years and over----	340	55.5	4.9	3.4	1.0	20.3	2.2	1.9	1.9	5.6	.7	1.1	1.5

See footnotes at end of tables.

\*Less than 0.05 percent.

Table 16.--Iron from food eaten in one day: Contribution of 12 food groups

Sex-age group	Number of persons	Milk, milk products	Meat, poultry, fish	Eggs	Legumes, nuts	Grain products	Tomatoes, citrus fruit	Dark green, deep yellow vegetables	Potatoes, white	Other vegetables, fruit	Fats, oils	Sugar, sweets	Beverages other than milk and fruit juices
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
		Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.
Male and female:													
Under 1 year 1/-----	408	5.0	11.7	5.6	4.8	49.4	0.6	1.7	0.5	16.9	0.1	3.6	0.0
1-2 years-----	810	1.9	30.2	8.5	4.6	33.0	1.8	1.3	3.2	11.0	.5	3.9	*
3-5 years-----	1,405	1.8	34.0	5.7	6.5	32.0	1.6	1.1	3.3	8.2	.7	4.9	.1
6-8 years-----	1,412	1.7	34.7	4.8	7.1	31.6	1.8	1.2	3.5	8.1	.7	4.8	*
Male:													
9-11 years-----	665	1.5	35.5	4.8	6.4	31.1	1.9	1.1	3.6	8.1	.7	5.4	.1
12-14 years-----	627	1.5	36.5	4.8	6.9	31.2	1.7	1.3	3.3	7.3	.7	4.6	.1
15-17 years-----	562	1.6	38.7	5.6	6.0	29.2	1.5	1.0	3.8	7.2	.8	4.2	.4
18-19 years-----	251	1.7	42.8	5.3	4.2	27.9	1.6	.9	4.0	6.5	1.0	3.4	.8
20-34 years-----	1,406	1.0	46.3	6.7	4.5	23.3	1.5	1.0	3.7	6.6	.7	2.1	2.5
35-54 years-----	2,050	1.0	44.2	6.8	3.8	24.2	1.7	1.0	3.0	7.8	.7	2.0	3.8
55-64 years-----	742	1.1	43.9	7.3	3.2	23.4	1.7	1.4	3.2	8.4	.7	2.0	3.8
65-74 years-----	460	1.1	37.4	8.9	2.6	26.1	1.8	2.0	3.4	10.1	.6	2.1	4.1
75 years and over----	219	1.2	36.2	8.0	1.7	28.1	2.1	1.3	3.2	11.2	.6	2.4	4.1
Female:													
9-11 years-----	599	2.0	35.1	5.1	6.0	31.9	1.9	1.2	3.0	9.5	.6	4.0	.1
12-14 years-----	626	1.7	37.9	4.5	5.1	30.3	1.8	1.1	3.4	8.9	.7	4.5	.2
15-17 years-----	538	1.6	41.8	4.9	5.4	26.5	2.0	1.5	3.2	8.4	.7	3.2	.7
18-19 years-----	232	1.4	40.5	5.1	5.7	26.5	1.9	1.5	3.6	9.0	.7	3.0	1.1
20-34 years-----	1,846	1.7	43.1	5.2	4.1	24.9	2.1	1.4	3.4	7.4	.6	2.2	3.8
35-54 years-----	2,492	1.7	42.2	6.2	2.9	23.2	2.2	1.5	2.9	9.2	.6	1.8	5.5
55-64 years-----	916	1.6	40.0	6.6	3.4	22.6	2.6	1.4	2.6	11.3	.7	2.0	5.2
65-74 years-----	624	1.6	38.3	6.8	1.9	26.0	2.6	1.8	3.0	11.6	.6	1.3	4.5
75 years and over----	340	1.4	36.4	6.4	2.3	27.3	2.2	1.9	3.3	11.5	.5	2.7	4.1

See footnotes at end of tables.

\*Less than 0.05 percent.



Table 17.-- Vitamin A Value from food eaten in one day: Contribution of 12 food groups

Sex-age group	Number of persons	Milk, milk products	Meat, poultry, fish	Eggs	Legumes, nuts	Grain products	Tomatoes, citrus fruit	Dark green, deep yellow vegetables	Potatoes, white	Other vegetables, fruit	Fats, oils	Sugar, sweets	Beverages other than milk and fruit juices
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
		Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.
Male and female:													
Under 1 year 1/-----	408	33.2	12.6	4.6	0.6	0.5	1.0	23.7	0.2	22.9	0.6	*	0.0
1-2 years-----	810	24.9	16.7	8.9	.3	3.4	4.3	17.4	1.0	17.5	5.2	0.3	.0
3-5 years-----	1,405	21.8	19.9	7.1	.4	4.5	4.4	19.7	1.2	13.7	7.1	.4	.0
6-8 years-----	1,412	21.0	17.2	6.4	.4	5.2	5.2	20.8	1.3	14.3	8.0	.3	.0
Male:													
9-11 years-----	665	19.1	20.4	6.6	.4	4.9	5.4	18.1	1.4	14.8	8.7	.2	*
12-14 years-----	627	18.7	19.3	6.6	.4	6.4	5.5	19.8	1.3	12.5	9.2	.4	*
15-17 years-----	562	18.0	22.3	8.3	.4	5.6	5.1	16.1	1.6	13.3	8.8	.5	.0
18-19 years-----	251	19.9	11.9	9.2	.2	7.6	6.4	15.3	1.7	17.2	10.5	.1	*
20-34 years-----	1,406	9.8	27.5	10.0	.4	4.9	5.4	16.7	1.5	15.4	8.2	.2	*
35-54 years-----	2,050	9.7	21.6	10.2	.3	5.3	5.7	18.6	1.4	17.6	9.1	.5	*
55-64 years-----	742	6.2	43.0	7.3	.2	2.6	3.6	16.8	.9	13.2	5.9	.3	*
65-74 years-----	460	9.4	14.6	11.7	.2	3.3	4.6	26.5	1.4	19.0	9.1	.3	*
75 years and over----	219	10.5	9.5	11.4	.1	5.8	4.9	24.7	1.5	21.6	10.0	*	.0
Female:													
9-11 years-----	599	18.1	22.4	5.9	.2	5.7	4.6	19.8	1.0	14.6	6.9	.8	.0
12-14 years-----	626	18.6	17.1	6.0	.3	6.0	5.8	18.4	1.4	18.1	7.7	.6	*
15-17 years-----	538	14.1	25.9	6.1	.3	5.4	5.4	19.3	.9	16.0	5.8	.9	.0
18-19 years-----	232	13.4	15.4	7.1	.4	5.8	6.7	23.8	1.1	19.0	6.6	.5	.0
20-34 years-----	1,846	8.5	34.7	6.0	.3	4.9	5.6	17.8	1.2	14.6	6.0	.4	*
35-54 years-----	2,492	8.0	27.1	7.3	.2	3.7	6.0	21.3	1.0	19.0	5.7	.7	*
55-64 years-----	916	7.8	25.5	7.6	.2	3.3	6.1	20.7	.9	21.0	6.5	.3	*
65-74 years-----	624	8.3	24.2	7.5	.2	3.2	5.7	23.0	1.3	19.5	6.4	.8	*
75 years and over----	340	10.1	10.8	7.7	.1	3.6	5.3	29.3	1.3	22.4	8.9	.5	*

See footnotes at end of tables.

\*Less than 0.05 percent.

Table 18.--Thiamine from food eaten in one day: Contribution of 12 food groups

Sex-age group	Number of persons	Milk, milk products	Meat, poultry, fish	Eggs	Legumes, nuts	Grain products	Tomatoes, citrus fruit	Dark green, deep yellow vegetables	Potatoes, white	Other vegetables, fruit	Fats, oils	Sugar, sweets	Beverages other than milk and fruit juices
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
		Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.
Male and female:													
Under 1 year 1/-----	408	49.2	5.9	2.3	1.0	29.2	2.8	0.9	0.7	7.9	*	0.1	0.0
1-2 years-----	810	25.1	21.4	3.3	2.1	30.7	5.4	.7	4.0	6.8	.1	.5	.0
3-5 years-----	1,405	18.5	26.4	2.3	3.2	33.2	4.7	.8	4.2	5.9	.1	.5	*
6-8 years-----	1,412	17.1	26.1	2.0	3.6	34.2	4.7	.8	4.6	6.2	.1	.7	.0
Male:													
9-11 years-----	665	15.8	27.8	2.1	3.4	33.3	4.8	.8	4.9	6.3	.1	.6	.0
12-14 years-----	627	15.4	27.4	2.1	3.8	34.9	4.2	.9	4.7	5.9	.2	.6	.0
15-17 years-----	562	13.4	32.0	2.5	3.0	32.2	3.7	.7	5.3	6.2	.2	.7	*
18-19 years-----	251	12.1	38.3	2.3	2.3	29.0	3.9	.6	5.2	5.8	.2	.4	*
20-34 years-----	1,406	7.2	42.8	3.2	2.6	27.2	3.7	.9	5.5	6.4	.2	.3	*
35-54 years-----	2,050	6.7	39.8	3.4	2.3	29.7	4.2	.9	5.2	7.4	.2	.3	*
55-64 years-----	742	6.0	43.0	3.5	2.0	28.1	3.9	1.3	4.9	6.9	.2	.3	*
65-74 years-----	460	8.0	34.5	4.3	1.7	31.7	4.2	1.5	5.3	8.4	.2	.1	*
75 years and over----	219	7.8	37.7	3.5	.9	30.9	3.7	1.1	5.3	8.6	.2	.2	*
Female:													
9-11 years-----	599	16.9	25.6	2.3	3.2	34.4	4.7	1.0	4.2	7.1	.2	.6	.0
12-14 years-----	626	14.8	29.5	2.0	2.8	32.1	5.2	.8	4.6	7.2	.2	.7	.0
15-17 years-----	538	12.9	35.4	2.2	3.0	28.3	4.8	1.0	4.4	7.2	.1	.4	*
18-19 years-----	232	10.8	34.6	2.3	2.9	30.9	4.8	.9	4.7	7.6	.1	.4	.0
20-34 years-----	1,846	8.5	39.1	2.6	2.4	29.0	4.9	1.1	5.1	6.8	.1	.4	*
35-54 years-----	2,492	7.5	38.8	3.2	1.7	28.3	5.6	1.2	4.6	8.4	.1	.5	*
55-64 years-----	916	7.7	38.2	3.3	2.2	27.2	5.9	1.1	4.3	9.8	.1	.2	*
65-74 years-----	624	8.6	33.8	3.3	1.4	30.8	5.6	1.4	5.0	9.6	.1	.2	*
75 years and over----	340	8.4	33.4	3.0	1.3	31.6	5.4	1.6	5.3	9.8	.1	.2	*

See footnotes at end of tables.

\*Less than 0.05 percent.

Table 19.--Riboflavin from food eaten in one day: Contribution of 12 food groups

Sex-age group	Number of persons	Milk, milk products	Meat, poultry, fish	Eggs	Legumes, nuts	Grain products	Tomatoes, citrus fruit	Dark green, deep yellow vegetables	Potatoes, white	Other vegetables, fruit	Fats, oils	Sugar, sweets	Beverages other than milk and fruit juices
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
		Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.
Male and female:													
Under 1 year 1/-----	408	80.0	4.9	2.0	0.5	.8.3	0.1	0.4	0.2	3.5	*	*	*
1-2 years-----	810	65.2	12.9	4.7	.7	10.7	.6	.4	1.1	2.7	0.2	0.6	0.1
3-5 years-----	1,405	56.9	17.6	3.9	1.3	13.8	.7	.5	1.3	2.6	.3	.9	.2
6-8 years-----	1,412	54.0	18.6	3.5	1.4	15.4	.8	.6	1.5	2.8	.3	1.0	.2
Male:													
9-11 years-----	665	51.5	20.1	3.7	1.4	15.9	.9	.6	1.7	3.0	.3	.9	.2
12-14 years-----	627	49.0	21.1	3.8	1.5	17.4	.9	.7	1.5	2.8	.4	.7	.3
15-17 years-----	562	45.2	22.9	4.8	1.2	17.7	.8	.6	1.9	3.1	.4	1.0	.4
18-19 years-----	251	44.0	24.9	4.8	1.0	17.4	.9	.5	2.1	2.8	.5	.6	.5
20-34 years-----	1,406	28.8	34.3	7.2	1.0	17.6	1.0	.7	2.3	3.6	.6	.6	2.4
35-54 years-----	2,050	27.0	33.8	7.5	.9	19.2	1.2	.8	2.1	4.5	.4	.5	2.1
55-64 years-----	742	23.3	40.1	7.3	.8	17.5	1.0	1.0	2.0	4.4	.5	.4	1.7
65-74 years-----	460	30.8	29.5	9.2	.7	18.6	1.0	1.5	2.0	4.9	.4	.3	1.1
75 years and over----	219	33.6	26.1	8.3	.4	19.9	1.2	1.1	2.1	5.4	.6	.4	.9
Female:													
9-11 years-----	599	51.2	20.4	3.8	1.2	16.1	.9	.6	1.3	3.1	.3	.9	.2
12-14 years-----	626	49.1	21.2	3.6	1.0	16.6	.9	.6	1.6	3.5	.4	1.2	.3
15-17 years-----	538	44.1	25.6	4.3	1.1	16.4	1.0	.9	1.5	3.5	.3	.7	.4
18-19 years-----	232	39.6	25.7	4.8	1.1	18.9	1.1	.9	1.9	4.1	.3	.9	.8
20-34 years-----	1,846	30.7	34.9	5.3	.9	17.9	1.3	1.1	2.0	3.8	.3	.5	1.3
35-54 years-----	2,492	27.9	34.8	6.8	.7	17.9	1.5	1.2	1.9	5.0	.4	.6	1.5
55-64 years-----	916	28.7	34.0	6.9	.9	17.2	1.6	1.2	1.7	5.9	.4	.5	1.1
65-74 years-----	624	30.7	31.1	6.9	.5	18.4	1.6	1.3	1.8	5.9	.3	.4	1.1
75 years and over----	340	34.4	26.0	6.7	.6	19.6	1.5	1.2	2.1	5.8	.3	.5	1.2

See footnotes at end of tables.

\*Less than 0.05 percent.

Table 20.--Ascorbic Acid from food eaten in one day: Contribution of 12 food groups

Sex-age group	Number of persons	Milk, milk products	Meat, poultry, fish	Eggs	Legumes, nuts	Grain products	Tomatoes, citrus fruit	Dark green, deep yellow vegetables	Potatoes, white	Other vegetables, fruit	Fats, oils	Sugar, sweets	Beverages other than milk and fruit juices
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)
		<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>
Male and female:													
Under 1 year 1/-----	408	43.4	3.7	0.4	1.4	1.9	26.6	3.3	2.1	17.1	0.0	0.1	0.0
1-2 years-----	810	13.4	3.0	*	.4	3.0	46.2	3.9	9.8	19.8	.0	.7	*
3-5 years-----	1,405	10.5	2.1	*	.4	3.7	44.6	3.7	11.7	22.4	*	.9	*
6-8 years-----	1,412	9.9	2.1	.1	.5	4.0	42.5	4.3	12.5	23.1	*	.9	*
Male:													
9-11 years-----	665	8.3	2.5	.1	.4	3.4	42.4	3.7	13.0	25.2	*	.8	*
12-14 years-----	627	8.6	2.2	.0	.5	5.2	39.2	5.6	13.0	24.7	*	1.0	.1
15-17 years-----	562	8.1	2.2	*	.5	3.6	38.4	4.2	16.1	26.0	*	.9	.1
18-19 years-----	251	7.6	2.8	*	.3	3.9	40.3	4.5	16.7	23.2	.1	.5	.1
20-34 years-----	1,406	4.4	3.3	*	.6	3.9	39.3	4.8	17.8	25.2	.1	.6	.1
35-54 years-----	2,050	3.4	3.2	.1	.4	4.3	40.5	5.4	14.7	27.1	.1	.6	.1
55-64 years-----	742	3.2	4.3	*	.2	2.6	38.7	5.9	14.2	30.3	.1	.5	*
65-74 years-----	460	3.9	2.6	*	.2	2.2	39.5	8.7	14.3	28.0	*	.6	.0
75 years and over----	219	3.9	3.3	.0	.1	3.6	40.1	5.4	15.7	27.3	.1	.5	.0
Female:													
9-11 years-----	599	8.7	2.5	*	.4	4.0	41.5	4.4	10.6	26.9	*	1.0	*
12-14 years-----	626	7.1	2.0	.0	.3	4.6	44.4	4.2	11.4	25.3	*	.8	*
15-17 years-----	538	6.5	2.9	.0	.4	4.8	42.3	6.4	11.6	24.4	*	.8	*
18-19 years-----	232	5.5	1.9	.0	.5	4.9	41.8	6.1	12.9	25.6	*	.8	*
20-34 years-----	1,846	4.3	3.8	.0	.4	5.2	42.0	6.6	13.4	23.5	.1	.5	.2
35-54 years-----	2,492	3.2	2.9	.1	.2	3.8	44.2	6.2	10.9	27.6	.1	.5	.3
55-64 years-----	916	3.1	2.6	*	.2	3.1	46.2	5.5	9.8	28.7	.1	.6	*
65-74 years-----	624	3.3	3.3	.0	.1	2.4	43.9	5.7	11.3	29.3	*	.6	*
75 years and over----	340	3.2	2.0	*	.1	2.0	42.9	5.7	12.8	30.6	*	.6	*

See footnotes at end of tables.

\*Less than 0.05 percent.



Table 21.--Vitamin or mineral supplements or both: Percent of persons using in one day

Sex-age group	All incomes				Income under \$3,000			
	Persons				Persons			
	Number	Using	Not Using	Not reporting	Number	Using	Not Using	Not reporting
		<u>Percent</u>	<u>Percent</u>	<u>Percent</u>		<u>Percent</u>	<u>Percent</u>	<u>Percent</u>
Male and female:								
Under 1 year 1/-----	408	55.4	43.1	1.5	58	37.9	62.1	0
1-2 years-----	810	43.2	54.4	2.3	96	14.6	83.3	2.1
3-5 years-----	1,405	32.6	64.5	2.9	179	12.3	86.0	1.7
6-8 years-----	1,412	24.6	72.7	2.6	198	7.1	89.4	3.5
Male:								
9-11 years-----	665	17.0	81.2	1.8	88	6.8	92.0	1.1
12-14 years-----	627	13.6	83.7	2.7	89	11.2	86.5	2.2
15-17 years-----	562	12.3	84.5	3.2	85	3.5	94.1	2.4
18-19 years-----	251	12.4	86.1	1.6	36	13.9	86.1	0
20-34 years-----	1,406	12.2	85.6	2.1	122	8.2	91.8	0
35-54 years-----	2,050	13.8	83.8	2.4	160	8.8	90.0	1.3
55-64 years-----	742	19.1	77.9	3.0	140	14.3	84.3	1.4
65-74 years-----	460	26.5	72.6	.9	183	24.0	74.9	1.1
75 years and over-----	219	34.2	64.4	1.4	108	31.5	65.7	2.8
Female:								
9-11 years-----	599	19.4	79.0	1.7	74	8.1	90.5	1.4
12-14 years-----	626	14.7	82.6	2.7	83	4.8	94.0	1.2
15-17 years-----	538	11.9	84.4	3.7	88	5.7	89.8	4.5
18-19 years-----	232	17.7	81.5	.9	29	3.4	96.6	0
20-34 years-----	1,846	19.5	79.1	1.4	212	14.2	85.8	0
35-54 years-----	2,492	18.0	80.6	1.4	316	14.6	83.5	1.9
55-64 years-----	916	20.1	78.8	1.1	268	17.2	82.8	0
65-74 years-----	624	26.8	71.6	1.6	304	27.0	70.7	2.3
75 years and over-----	340	34.4	64.7	.9	190	32.6	66.3	1.1

See footnotes at end of tables.

Table 21.--Vitamin or mineral supplements or both: Percent of persons using in one day--Continued

Sex-age group	Income \$3,000-\$4,999				Income \$5,000 and over			
	Persons				Persons			
	Number	Using	Not using	Not reporting	Number	Using	Not using	Not reporting
		Percent	Percent	Percent		Percent	Percent	Percent
Male and female:								
Under 1 year <u>1</u> /-----	113	44.2	52.2	3.5	231	65.8	33.3	0.9
1-2 years-----	202	27.7	70.3	2.0	499	55.1	42.3	2.6
3-5 years-----	318	23.3	73.6	3.1	885	40.2	56.7	3.1
6-8 years-----	263	16.7	81.7	1.5	920	30.7	66.7	2.6
Male:								
9-11 years-----	116	9.5	88.8	1.7	443	21.2	76.7	2.0
12-14 years-----	117	6.0	90.6	3.4	404	16.1	81.2	2.7
15-17 years-----	112	9.8	87.5	2.7	348	15.2	81.3	3.4
18-19 years-----	45	13.3	86.7	0	161	11.8	85.7	2.5
20-34 years-----	260	6.9	89.2	3.8	948	14.3	83.5	2.1
35-54 years-----	334	13.2	85.6	1.2	1,478	14.3	82.8	2.8
55-64 years-----	136	25.0	69.1	5.9	432	19.0	78.2	2.8
65-74 years-----	105	28.6	70.5	1.0	143	30.1	69.9	0
75 years and over-----	42	33.3	66.7	0	61	41.0	59.0	0
Female:								
9-11 years-----	95	9.5	89.5	1.1	413	24.5	73.6	1.9
12-14 years-----	100	8.0	91.0	1.0	430	18.6	78.1	3.3
15-17 years-----	81	6.2	91.4	2.5	351	14.5	81.8	3.7
18-19 years-----	54	13.0	85.2	1.9	138	21.7	77.5	.7
20-34 years-----	404	21.8	75.7	2.5	1,154	19.6	79.0	1.4
35-54 years-----	434	12.9	86.2	.9	1,652	19.7	78.7	1.6
55-64 years-----	168	19.0	78.6	2.4	418	22.0	76.6	1.4
65-74 years-----	124	27.4	72.6	0	142	28.2	69.7	2.1
75 years and over-----	56	39.3	58.9	1.8	70	35.7	64.3	0

See footnotes at end of tables.

Table 22.--Recommended Dietary Allowances adapted for use with the 1965-66 nationwide food consumption survey\*

Sex and age (years)	Food energy	Protein	Calcium	Iron	Vitamin A value	Thia- mine	Ribo- flavin	Ascorbic acid
	<u>Cal.</u>	<u>G.</u>	<u>G.</u>	<u>Mg.</u>	<u>I.U.</u>	<u>Mg.</u>	<u>Mg.</u>	<u>Mg.</u>
Children:								
Under 1-----	800	15	0.5	12	1,500	0.4	0.5	35
1-2-----	1,200	25	.8	15	2,000	.6	.6	40
3-5-----	1,550	30	.8	10	2,500	.8	.9	40
6-8-----	2,050	35	.9	10	3,500	1.0	1.1	40
Males:								
9-11-----	2,400	45	1.2	10	4,000	1.2	1.3	40
12-14-----	2,750	50	1.4	18	5,000	1.4	1.4	45
15-17-----	3,000	60	1.3	17	5,000	1.5	1.5	55
18-19-----	2,850	60	1.0	12	5,000	1.4	1.6	60
20-34-----	2,800	65	.8	10	5,000	1.4	1.7	60
35-54-----	2,600	65	.8	10	5,000	1.3	1.7	60
55-64-----	2,400	65	.8	10	5,000	1.2	1.7	60
65-74-----	2,300	65	.8	10	5,000	1.1	1.7	60
75 and over-----	2,000	65	.8	10	5,000	1.0	1.7	60
Females:								
9-11-----	2,250	50	1.2	16	4,000	1.1	1.3	40
12-14-----	2,300	50	1.3	18	5,000	1.2	1.4	45
15-17-----	2,300	55	1.3	18	5,000	1.2	1.5	50
18-19-----	2,100	55	1.0	18	5,000	1.1	1.5	55
20-34-----	2,000	55	.8	18	5,000	1.0	1.5	55
35-54-----	1,850	55	.8	18	5,000	1.0	1.5	55
55-64-----	1,750	55	.8	10	5,000	1.0	1.5	55
65-74-----	1,650	55	.8	10	5,000	1.0	1.5	55
75 and over-----	1,450	55	.8	10	5,000	1.0	1.5	55

\*Based on National Academy of Sciences-National Research Council, Food and Nutrition Board. Recommended Dietary Allowances. Natl. Acad. Sci. Pub. 1694. 7th Ed. Rev. 1968.

Adaptations have been made where needed to fit the allowances to the sex-age groups used in the 1965-66 nationwide food consumption survey.

## UNITED STATES

## ALL INCOMES

Table 23.--Average quantities of foods eaten by infants under one year old and percentage eating in one day

Age group	Number of infants	Milk and milk products (calcium equiv.)	Eggs	Meat, poultry, fish	Legumes, nuts	Fats, oils	Grain products (flour equiv.)	Tomatoes, citrus fruit	Dark green, deep yellow vegetables	Potatoes	Other vegetables and fruit	Sugar, sweets	Beverages other than milk and juices
		G.	G.	G.	G.	G.	G.	G.	G.	G.	G.	G.	G.
All infants 1/--	408	795	17	49	13	2	21	23	14	6	164	10	6
Birth-2 months	71	680	0	6	0	0	11	8	6	0	53	8	*
3-5 months----	114	754	7	27	12	*	16	30	14	1	131	14	2
6-11 months----	223	853	27	74	17	3	27	24	16	10	217	8	10
Percentage of infants eating													
		Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.	Pct.
All infants 1/--	408	98	25	43	7	13	84	19	20	11	77	28	4
Birth-2 months	71	100	0	7	0	0	65	11	13	0	45	27	1
3-5 months----	114	97	14	35	4	3	83	27	25	2	80	25	2
6-11 months----	223	99	39	59	11	22	90	17	20	18	86	29	7

See footnotes at end of tables.

\*Less than 0.5 grams.



Table 24.--Nutritive value of food eaten by infants under one year old and percent Recommended Dietary Allowances

Age group	Number of infants	Food energy	Protein	Fat	Carbo-hydrate	Calcium	Iron	Vitamin A value	Thia-mine	Ribo-flavin	Ascorbic acid
		<u>Cal.</u>	<u>G.</u>	<u>G.</u>	<u>G.</u>	<u>Mg.</u>	<u>Mg.</u>	<u>I.U.</u>	<u>Mg.</u>	<u>Mg.</u>	<u>Mg.</u>
All infants <u>1</u> /-----	408	962	38.9	41.6	105.6	1,046	5.9	4,550	0.68	1.73	36
Birth-2 months-----	71	732	24.1	32.1	77.8	856	4.3	2,710	.65	1.38	33
3-5 months-----	114	889	33.1	37.6	99.1	982	5.2	4,320	.68	1.61	42
6-11 months-----	223	1,073	46.6	46.6	117.8	1,139	6.7	5,250	.68	1.90	35
<u>Percent of Recommended Dietary Allowances*</u>											
		<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>	<u>Pct.</u>
All infants <u>1</u> /-----	408	120	259	--	--	209	49	303	170	346	103
Birth-2 months-----	71	152	274	--	--	214	72	181	325	345	94
3-5 months-----	114	115	236	--	--	196	52	288	170	322	120
6-11 months-----	223	119	288	--	--	190	45	350	136	317	100

See footnotes at end of table.

\*National Academy of Sciences-National Research Council, Food and Nutrition Board. Recommended Dietary Allowances. Natl. Acad. Sci. Pub. 1694. 7th Ed. Rev. 1968.

## FOOTNOTES

- 1/ Does not include nursing infants. In the total sample, 15 such infants were reported.
- 2/ Recommended Dietary Allowances adapted to the age groups used in this report and used in these calculations are shown in table 22.
- 3/ Calcium equivalent is the quantity of whole fluid milk to which dairy products (except butter) are equivalent in calcium content. Total includes mixtures mainly milk and milk products not shown separately, such as cheese souffle, rarebit, and cheese sandwiches; white and cheese sauce; cheese dips.
- 4/ Includes product weights, in the form as reported used, of the following: Whole and skim milk, including reconstituted dry skim milk, buttermilk, chocolate milk, yoghurt, evaporated and other processed milk, milk shakes and other milk drinks, milk-based diet beverages, and baby formulas with milk base.
- 5/ Includes product weights of the following in the form as reported used: Half-and-half (milk and cream), ice cream, cream, ice milk, and milk sherbets, and desserts made with milk. Does not include cream substitutes (see footnote 16).
- 6/ Includes egg sandwiches, salads; creamed eggs; omelets and other mixtures mainly egg.
- 7/ Includes beef bacon; beef variety meats such as liver and kidney.
- 8/ Includes ham; bacon; salt pork; pork variety meats; other fresh, cured, smoked, pickled, salted pork. Includes all luncheon meats and sausages.
- 9/ Includes lamb, mutton, goat, veal; lamb, mutton, veal variety meats; and rabbit and other game.
- 10/ Includes chicken, turkey, duck, goose, and other poultry; poultry liver, heart, gizzard, and other variety meats.
- 11/ Includes clams, crabs, lobster, oysters, and other shellfish; fish roe.
- 12/ Includes mixtures mainly meat, poultry, fish, such as stew, soup, salads, sandwiches, pot pies, hash, plate dinners.
- 13/ Includes dry beans, peas, lentils; mixtures mainly legumes such as baked beans, navy bean, split pea, and lentil soup; soybean loaf; infant formulas with soybean base.
- 14/ Includes nuts and seeds; peanut butter and peanut butter sandwiches.
- 15/ Includes butter, margarine, lard.
- 16/ Includes salad dressings; cooking and salad oils; cooking fats other than lard. Includes cream substitutes.
- 17/ Flour equivalent is the weight of flours, meals, and cereals added to the weight of the proportionate amount of flour, meal, other cereal products in baked goods and prepared mixtures chiefly grains.
- 18/ Includes muffins, cornbread, biscuit, and plain rolls and buns. Does not include sweet rolls and buns. Does not include bread used in sandwiches.
- 19/ Includes ready-to-eat and cooked cereals; rice; popped corn; macaroni, spaghetti, and noodles.
- 20/ Includes rice and noodle soups; pizzas, enchiladas, ravioli; rice, macaroni, spaghetti, and noodle mixtures.
- 21/ Includes tomato juice, salad, sandwiches; catsup and other tomato sauces.
- 22/ Includes orange and other citrus fruit juices.

23/ Dark-green vegetables include mainly dark-green leafy vegetables such as broccoli, chard, collards, mustard and turnip greens, and spinach. Deep-yellow vegetables include carrots, carrot juice and salad; pumpkin; sweetpotatoes; winter squash (deep-yellow varieties such as Hubbard squash).

24/ Includes potato salad; soup; mixed dishes mainly potato.

25/ Includes cole slaw; lettuce and other vegetable salads; vegetable juices, soups, mixtures; olives, pickles, relishes other than tomato.

26/ Includes prune juice; prune whip and other dried fruit dishes.

27/ Includes fruit juices, drinks, ades, punches (other than citrus fruit); salads, other fruit mixtures.

28/ Includes fruit ice, popsicles, snowballs, other mixtures mainly sugar.

29/ Includes fruit, chocolate, butterscotch, and other sauces and toppings.

30/ Includes jam and jelly sandwiches; gelatin desserts.

31/ Includes cola types; fruit flavored sodas; diet drinks, gelatin drinks.

32/ Includes mixed drinks, such as cocktails, scotch and soda, and the like in addition to alcoholic beverages such as wine, beer, whiskey, gin, vodka.

## PUBLICATION PLANS

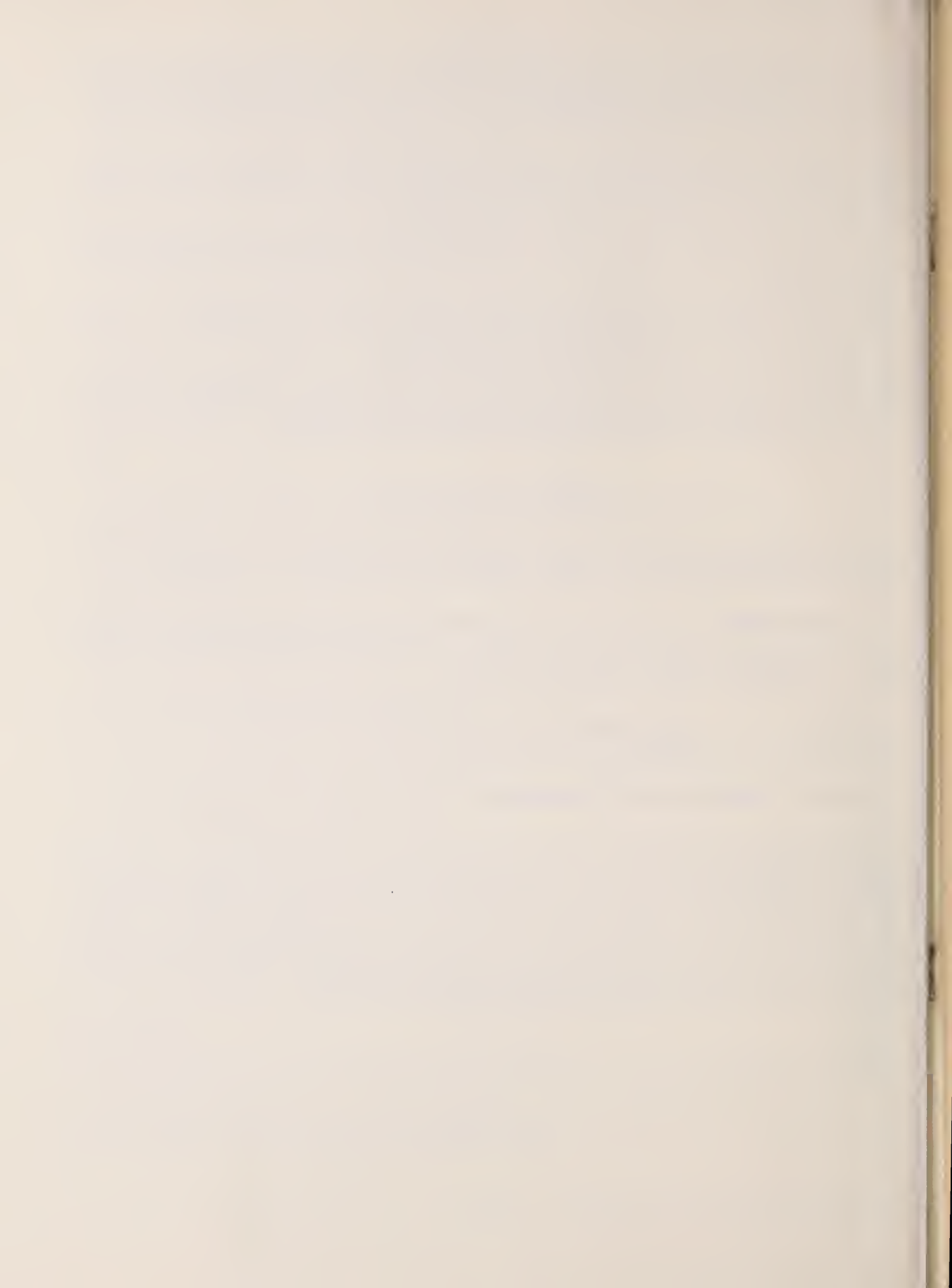
Final reports of the survey are being released in a special U.S. Department of Agriculture publication series--Household Food Consumption Survey, 1965-66.

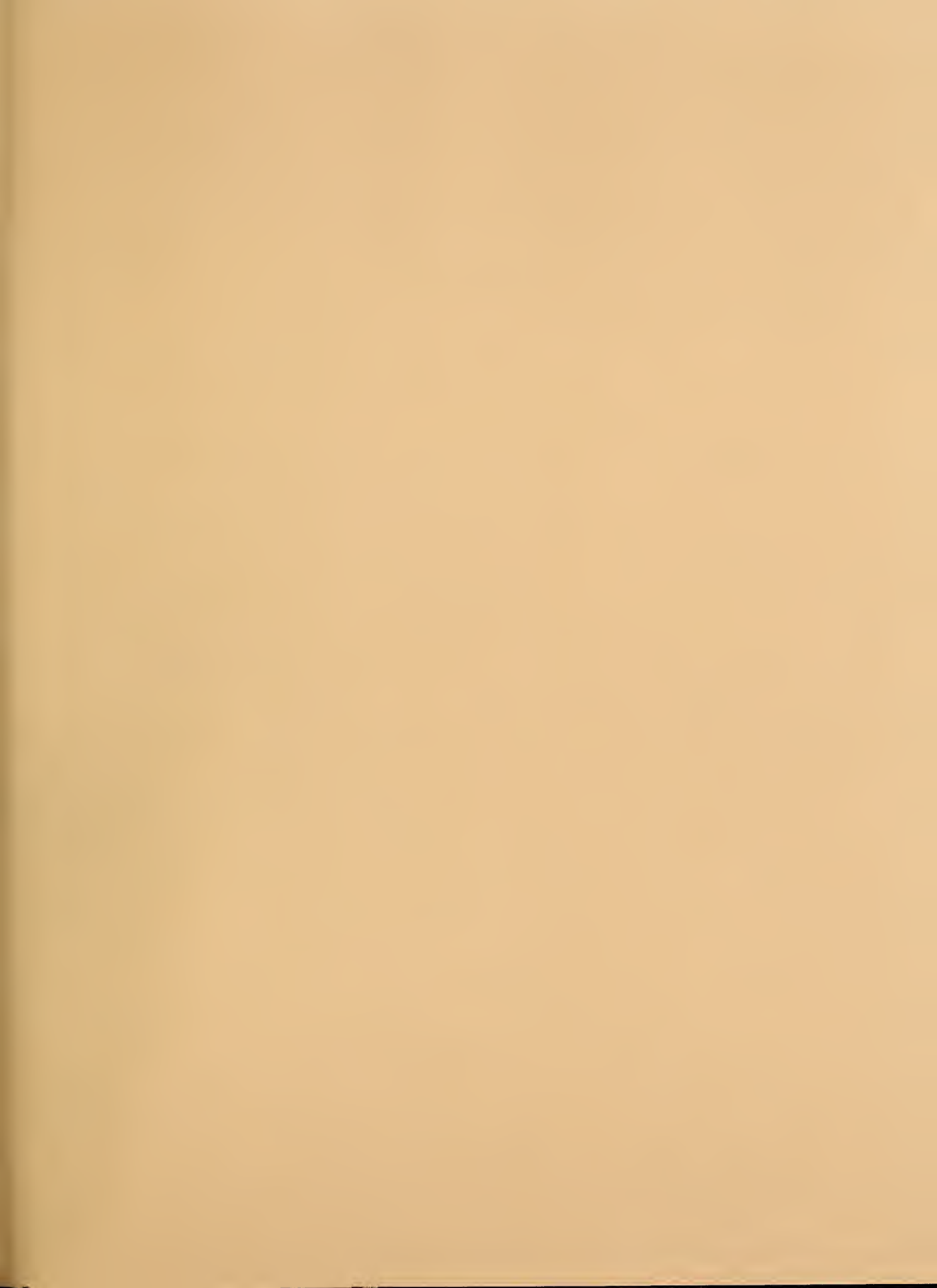
The first reports in the series contain information on food consumption and dietary levels of households and will be comparable to reports from the 1955 Food Consumption Survey. Publications so far in the series are:

Reports 1 to 5 Food Consumption of Households. United States and four regions.

Report 6 Dietary Levels of Households. United States. (In preparation.)

Later reports are being planned to present information on the food intake and nutritive value of diets of men, women, and children in the United States and by two regions, spring 1965. In addition to data shown in this preliminary report, information on food from home supplies and food away from home will be included, as well as food from all sources. Contents will include information on frequency of eating and time of day food was eaten for food at home and food away and by day of week. Data will be shown by income and for two urbanizations (urban and rural).







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